



TODAY'S TOPIC: **Your Thoughts Are Your Power**

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

THINKING JOB: Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

Thoughts are what happens when your brain is thinking. Do you notice your thoughts?

Lesson

Materials	Things to Prepare	Today's Goal
• Piece of long paper • Tape • Markers • Highlighter pens	• Place to do the activity	Know that paying attention to your thoughts has great power to make changes and create good things in your life, and the difference between helpful and unhelpful thoughts.

SAY: Thoughts are your brain thinking. **"Thinking is talking to yourself inside your head."** Thoughts are the words we say to ourselves in our heads that help us solve problems, remember things, or imagine. Thoughts are private, just for you, unless you choose to share them. Two people can have different thoughts about the same thing.

SAY: "Thoughts are like little clouds or balloons." You can watch them float by without grabbing onto them. Thoughts happen all the time, often without us even knowing it. Thoughts can change all the time. Thoughts may or may not be true.

SAY: "Thoughts can be helpful or unhelpful." "A helpful thought is 'I can try again!' An unhelpful one might be 'I'm bad at this.'"

SAY: "Thoughts are like magnets." When your mind has a thought, the words or pictures that go with that thought will attract more of that thing. If you think, 'I'm bad at this.' you will just have more and more thoughts that you are bad at doing things. If you think 'I can try again!' you will get better and better with each thing you try. What you think about comes back to you. This is why it is good to pay attention to having helpful thoughts.

BONUS: When you have helpful thoughts, they are also known as positive affirmations.

Positive affirmations and helpful thoughts are how you use super-powerful God energy.

ACTIVITY: Tape the piece of long paper high on a wall at an appropriate height for jumping. Gather the class around and explain -

- The thoughts, “I’m too tired,” and “I can’t do it,” are negative affirmations/unhelpful thoughts. Each time these thoughts come, counter them with the helpful thoughts/positive affirmations, “I can do it!” and “I’ve got everything I need to do it!”.
- Before the first round, have all the children repeat together, “I’m too tired. I can’t do it.” Suggest that they think about something they think is difficult to do.
- Have the children take turns standing near the wall and jumping up as high as they can, reaching up the wall with their hand. You mark how high they reach with the marker.
- After everyone has had one turn, change the affirmation and repeat, “I can do it!” and “I’ve got everything I need to do it!”. Be positive and forceful!
- Encourage everyone to try harder and reach higher.
- Use a different color marker to record the second round and compare the jumps.
- Discuss how positive/helpful thoughts and negative/unhelpful thoughts make a difference.

ASK: Who here has ever used a highlighter? What is a highlighter used for? Demonstrate with a highlighter and some printed material. Explain you can imagine highlighting your positive/helpful thoughts in your mind to attract more positive/helpful thoughts, and everyone will get to take home a highlighter.

AFFIRMATION – I choose my thoughts. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .