

# New Beginnings

## **“Who Am I?”**

*(Elementary/Tweens)*

### **Lesson Intention**

The intention of this lesson is to understand that we are made in the image of God and the more we believe in our natural goodness the more empowered choices we make for our lives.

### **Spiritual Principles**

- Unity Principle #2 states: “I am naturally good because God’s Divinity is in me and in everyone.”
- We believe that we are all born perfect, with the light of God within us.
- This light/energy is always present. We always have access to it. It is our guide through this world.
- It is important to constantly be listening to this inner guidance because it will always speak the Truth to us.

### **Affirmation**

I Am That I Am.

### **Bible Quote**

“We trust in the steadfast love of God forever and ever.”  
Psalm 52:8”

# Sacred Circle

## **Bell Ringer**

Rings the bell to signal transitions or to call for centering when needed.

## **Circle Transformation**

Set up the sacred circle items and puts them away when the circle is over.

## **Candle Lighter**

Turns on the light.

## **Connection Leader**

Chooses from the following:

- My name is \_\_\_\_\_. I am \_\_\_\_\_. The class affirms the child by repeating the statement.
- My name is \_\_\_\_\_. My favorite \_\_\_\_\_ is.... Fill in the blank...

## **Safe Keeper (Teacher Role)**

Invites the children to select a wooden token or to write what they want to release on a paper heart. Teacher shares he/she is there to keep all safe. Children then places items in box.

## **Movement Song/Activity (Teacher Role)**

Choose from, *Brain Boogie Boosters* CD or include yoga poses

## **Blessing Angel**

Invites the children to send a Wish You Well Blessing to all those here and not with us today.

## **Sacred Breath Leader**

Leads the group in a centering activity:

- Breath Choices: DRAIN; BALLOON; PRETZEL....
- Heart Lock-in: Relax & Breathe; Focus on your heart; Send feeling of love/appreciation to self and others.

## **Prayer Angel**

Invites everyone to place their prayer stick into the sand. Invite the rest of the children to do the same. Share the **PRAYER FOR PROTECTION**.

## **Love Offering Angel**

Leads the children in blessing the love offering and then passes the basket.

## **Celebration Leader**

Passes out the shakers and invites the children to share something they would like to celebrate.

## **Closing Affirmation Leader**

Shares the affirmation of the day. Teacher leads a discussion about what it might mean. Invite the children to commit to it for the week. ***"I live in God's beautiful and orderly universe."***

# Story

## **Snack Helper**

Passes out the snacks and then leads children in a short meal blessing before the story begins.

## **“The Gift Horse” By S.D. Nelson**

This is the story of a boy discovering his true self.

## **Story Focus/Interpretation**

This story demonstrates the power we have within us to be whomever we choose to be.

## **Discussion Questions**

- What is this story about?
- What gift did the boy receive?
- How did the boy get his name?
- What did the boy do that he was not supposed to do?
- What happened then?
- What did the blizzard teach the boy?
- How did the boy prepare to become a man?
- What did the boy learn?
- How did his experiences affect his life?

# Creative Experience Choices

## My True Super Self

### Supplies

- Blank Trading Cards
- Markers
- Stickers
- Various Art Supplies

### Action

- Invite the children to think about a super power they would like to possess.
- Also encourage them to create a Super Hero Name for themselves.
- Encourage them to use the supplies provided and either create their own Super Hero card or an image of them in their new identity.

### Discussion

- Give each child an opportunity to share their creation and what it says about them.

## Affirmation Ball Toss

### Supplies

- Soft Ball

### Action

- Invite the children to stand in a circle.
- The teacher begins by holding the ball and saying, “ I am \_\_\_\_\_ or I like \_\_\_\_\_ (fill in with a positive word).
- They then toss the ball to one of the children in the circle saying, “I See You.”
- As the child catches the ball they say, “ I am \_\_\_\_\_ or I like \_\_\_\_\_ (fill in with a positive word).
- They then choose another child to toss the ball to and the activity continues until all have received and rolled the ball.

# Closing Circle

*Closing circle can be done before we go into the sanctuary if time allows.*

Gather all children together again in a closing circle.

Invite children to do any of the following:

- Share any creations from today.
- Share one thing they learned today.
- Say what they might do differently this week as a result of what they learned today.
- Repeat today's affirmation.
- Speak today's Bible scripture.
- Say the Affirmative Prayer for Protection or the Prayer of Faith
- Close with prayer of gratitude for something in the day or something in their lives: "I am grateful, God, for \_\_\_\_\_."