

Unit: I Am, Me Too.



We can find courage within ourselves.

# REDWOODS

## Week 1



**"God didn't give us a spirit that is timid but one that is powerful, loving, and self-controlled." 2 Timothy 1:7 (CEB)**

Taking stories of courage and hope from scripture & children's literature, GreenHouse will be walking kids through what it looks like to cultivate the roots of identity, awareness, connection, and justice in the way of bravery. It's imperative our community raises up the next generation to brave. In GreenHouse our kids will have the mantra: ***I will follow in the way of love, acting with courage to bring peace to my world. I will find courage within myself and encourage others to be brave, too. God made me to be brave, even if it means standing alone.***

It's important through this series that we communicate bravery effectively, being sensitive to remind them that their emotions don't discount being brave. We'll discuss bullying, issues that make us scared, and ways to cope with being worried. We'll also discuss what happens when being brave doesn't turn out our way in the end.

Having courage doesn't always look like running into a burning building or facing your biggest fears. Sometimes being courageous happens in small moments. But no matter what the situation may be that calls for courage, it takes a lot of work and it's hard to muster sometimes.



### Daily Takeaway

This is the main idea of the lesson



### Daily Verse/Quote/ Mantra

A memorable line that helps give meaning to the Daily Takeaway



# WELCOME ACTIVITY

When kids get in have them choose the station they want to engage in while check-in continues. Having a good start really sets the tone for the morning and also makes parents feel comfortable dropping their kids off because it's not chaotic.

Station #1: Art Station (Modeling Clay, Modeling Clay book)

Station #2: Origami Station (paper, book)

Station #3: Games Station

Station #4: Spike Ball (directions —————>)

5 minutes before whole group lesson begins, have them clean up stations and split into small groups. Say, **Tell me a HIGH and a LOW from your week.** (or pick a different question from the LeadSmall Card provided) REMOVE STATIONS and let them know they'll be time to play at the end of our day

# DISCUSSION

Divide into small groups. Take 5 minutes to go around the circle and ask students if there's something they're having trouble with in terms of showing courage or being brave - at school, at home, etc. Then, work as a group to talk through how they are feeling, how other students can relate, and what solutions you can come up with as a group. Finish that time by taking three deep breaths together as a group. **Ask, "When have you had trouble being courageous?"**

**Sometimes when I'm trying to be brave it helps if I have a reminder. Today we are going to make mantra bracelets. Each bead is going to remind us of something. Whenever you are at school and you need bravery, touch your beads and repeat the mantra. (Have kids put 3 beads on the thread)**

**First bead: I HAVE COURAGE**

**Second bead: I AM BRAVE.**

**Third bead: GOD IS WITH ME.**



# JOURNAL ACTIVITY

**Supplies: journals, poem glued inside**

*(If they didn't decorate/create their journal from last week, give them time do do that while kids are working on the next activity.)*

Have kids find their journals. Inside there will be a poem by Maya Angelou called "Life Doesn't Frighten Me". Read it aloud to your group (or have someone read it) or you can play the Youtube clip of her reading it in our Be Brave folder. Discuss the part of the poem that makes the most sense to them or a line they have a connection with.

Next, ask them to write their own poem of courage. They can use Maya Angelou's poem and just change the words. Or they can use it as a template and follow the same pattern. Or they can make up something completely new altogether.

When they're finished, ask if anyone might be brave enough to share their poem with the group. If not, that's fine too.

When someone finishes their poem their ticket to go into stations again is to show it to you and then to put it in the proper spot!