

## SELF-EXPRESSION

### Getting to Know Me

God is all. All there is, is the manifestation of the self-knowingness of God.

Our life is eternal, continual, and forever expanding.

Life is eternally good, eternally loving, and eternally giving. We depend on this.

#### Spiritual Truth

#### Self-knowingness

"The journey of a thousand miles begins with one step" (Lao Tzu, Tao De Ching).

In each stage of a person's spiritual development, there is an unfolding much like a rose. As we open to knowing ourselves in a deeper way, more of the Truth of who we are is revealed. In learning to function in the world of "effects," though, we may start "believing" that who we are is in relationship to the world around us. Often we use the people who matter most as mirrors into what we may believe is our own soul. When we rely on "other's" opinion to form our beliefs about ourselves, we may develop erroneous views of who we are. Yet it is in these beliefs that we have the opportunity to reconnect with our own "inner compass" to direct us to the Truth of who we are: Perfect individualizations of God.

#### Make It, Take It

#### Journal-making

Purpose: so that the children can participate in the spiritual practice of journaling

Before class

- Make cups of glue with cotton swabs in them

In-class activity

- Have children glue decorative items to their journals (alternative: children can use stickers and markers to personalize their journals)
- Put each child's name on his/her journal and keep them in a place where the children can easily access them throughout the month
- Either take pictures of the children (optional), or have parents bring pictures in to put on the journal cover.

**Circle In** Community Spiritual Practice (prayer and ritual)

**Reading** Skippyjon Jones by Judy Schachner

Read from beginning to "I am not a Siamese cat . . . I am a Chihuahua!"

**Discussion** Skippyjon Jones liked to pretend he was different animals, but his mom was upset because he was avoiding being who he really was.

- Have you ever acted in a way that was not very true to yourself?

It is important to try different things to get to know ourselves, and some things or actions may not be a fit or might not feel right inside, while other things may really interest and excite you . . . that is the still, small voice of God inside guiding you to what is true for yourself.

We can learn new things about ourselves by hanging around people from different cultures, backgrounds, groups, etc., and ultimately our goal is to know what is true about ourselves apart from what others think about us.

- What is something new you learned about yourself this week (possibly a new like or dislike)?

**Activity** Believes About Me

Option A

- Have children make a list of beliefs that people hold to be true about them. (Give them examples: I am creative. I am smart. I am silly. I am sensitive. I am a troublemaker. I am the class clown. I am generous. I am funny. I am shy. I am friendly. I am loud.)
- Ask them to decide which ones are true, which ones they want to claim, and then circle them.
  - Then ask them to decide which ones are what others may think about them, but are not the truth of who they are, and cross those out.

Believes About Me (cont)

Option B

Before class

Create a worksheet with statements like these listed.

In-class activity

- Have children circle the statements they accept as true and cross out what they do not accept.

Lesson: People may believe different things about you and the world may make assumptions about who you are, but only you know the Truth of your being. You are a perfect expression of God.

**Music**

"Stick to the Status Quo" from High School Musical

**Spiritual  
Practice**Celebrating Me Journal

Have children create an introductory page listing the following details:

- Full name
- Date of birth
- Today's date

Have children journal about the following questions by writing or drawing:

- My closest friends are . . .
- I can tell my secrets to . . .
- My favorite color is . . . (color that color)
- My favorite food is . . . (draw a picture of that food)
- My favorite song is... (write some of the lyrics)
- My favorite sports are... (draw a picture)
- My favorite things to do are . . .

**Connecting**Getting to Know Me

Purpose: have children share their unique characteristics and get to know each other

- Have children sit in a circle
- Show them how the tape recorder will record their voices
- Go around the circle and have each child answer three questions (for example: What is your favorite ice cream? What do you and God talk about? What will you be for Halloween?)
- When everyone has had a turn, play it back and let the kids guess who was talking

**Conscious Giving**

Time, Talent, or Treasure

**Circle Out**

Closing ritual

**Materials Needed**

- Make It, Take It: Journal-making
  - Spiral notebooks or journals (depending on your class size, you may want to purchase extra ones so that new children who come throughout the month can be included)
  - Suggested source: "The Book About Me!" Journal Craft Kit, item IN-48/3632, from Oriental Trading Company (<http://www.orientaltrading.com/>)
  - Glue
  - Small disposable cups
  - Cotton swabs
  - Decorative items: foam pieces, small buttons, stones, shells, string or ribbon
    - Alternative: stickers and markers
  - Optional: camera
- Book: Skippyjon Jones by Judy Schachner
- Activity: Believes About Me
  - Option A: paper and pencils
  - Option B: paper, pencils; for teacher: access to printer or copier

- Music: "Stick to the Status Quo" from High School Musical
- Spiritual Practice: Celebrating Me Journal
  - Pencils and crayons
- Connecting: Getting to Know Me
  - Tape recorder
  - Cassette tape

## References

- Motivational & Inspirational Corner. [http://motivational-inspirational-corner.com/motivational\\_inspirational\\_quotes.html](http://motivational-inspirational-corner.com/motivational_inspirational_quotes.html) (accessed 6/24/2008).
- Schnachner, Judy. (2003) Skippyjon Jones. Dutton Juvenile.
- "Believes about Me" activity created by Rainbow Weldon, RScP.
- "Stick to the Status Quo." Available on:
  - High School Musical (Soundtrack). Zac Efron, Vanessa Anne Hudgens, Ashley Tisdale, Lucas Grabeel, Alyson Reed, et al. (2006)
- "Celebrating Me Journal" activity created by Rainbow Weldon, RScP.
- "Getting to Know Me" activity created by Debbie Sztain, RScP.