

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, created by Debbie Sztain, RScP

Preparation:

- Have a journal for each child.
- Prepare little pots of glue with Q-tips in them.

During class:

- Explain that this activity will give them practice at spiritual journaling.
- Let the children personalize their journals by gluing on foam embellishments to their journals or decorating them with stickers, markers, etc.
- Take pictures of the children or ask that parents bring

pictures to put on the journal.

- Put the children's names on their journals and keep them where the children can access them easily throughout the month.

Circle In Community Spiritual Practice (prayer and ritual)

Reading Skippyjon Jones by Judy Schachner

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

Discussion

- Discuss the book and how it relates to getting to know yourself.
- Discuss how each person has his/her own unique fingerprint, since God personally created each one of us.
- Ask:
 - Do you like being unique or would you rather be "like everyone else"?
 - In what ways do you feel unique from everyone else?
 - What about you would you like to get to know better, such as your artistic/creative side, courageous side, silly side, responsible side, etc.?
- Explain that there is no one exactly the same as each youth, that each has his/her own wonderful, magnificent uniqueness to share with the world. Ask: If you remembered this every day, how would this change your life?

Activity Thumbs Up on Fingerprint Stationery! created by Beth Stevens

See attachment for instructions

Music "Who am I" from Casting Crowns
Found on iTunes

**Spiritual
Practice.**Celebrating Me Journal, created by Rainbow Weldon, RScP

- In the journals they have personalized, have children create an introductory page listing:
 - Their full name
 - Their birthdate
 - Today's date
- Invite the children to journal about the following 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

Youth Choice

**Conscious
Giving**

Time, Talent or Treasure

Circle Out

Closing ritual

**Materials
Needed**

- Reading: *Skippyjon Jones* by Judy Schachner
- Music: "Who am I" from *Casting Crowns*
Found on iTunes
- Make It. Take It: Journal-making
This exercise will be repeated each week during the month.
 - Spiral notebooks or kits for the children to make their own journals. You may want to purchase extras in case new children join you during the month. For kits, see <http://www.orientaltrading.com/> "The Book About Me!" Journal Craft Kit IN-48/3632 Small Dixie cups with

- Elmer's glue in them
- Q-tips to spread the glue
- Markers
- Things to glue onto the journals, such as foam pieces, small buttons, stones, shells, string and ribbons for decorations.
- Activity: Thumbs Up on Fingerprint Stationery!
Created by Beth Stevens
 - One copy of the attachment. See attachment for instructions.
 - Optional: Have a prepared demo sheet illustrating the "design ideas"
 - Plain paper (typing paper, plain note cards, postcards or index cards)
 - Non-toxic ink pads (Washable ink makes clean-up easier)
 - Fine-line markers
 - Decorative-edge scissors
- Spiritual Practice: Celebrating Me Journal
 - Pencils and Crayons

References

- Journal-making, created by Debbie Sztain, RScP
- Who Am I by Casting Crowns
For lyrics, see www.azlyrics.com (accessed 7/26/08)
- Schnachner, Judy. (2003) Skippyjon Jones. Dutton Juvenile.
- Stevens, Beth. Thumbs Up on Fingerprint Stationery!
http://familycrafts.about.com/gi/dynamic/offsite.htm?zi=1/XJ/Ya&sdn=familycrafts&cdn=parenting&tm=43&gps=131_640_1276_826&f=11&tt=14&bt=1&bts=1&zu=http%3A//www.newhomemaker.com/family/rfrf/fingerprint.html (accessed 7/24/08)
- "Who am I" from Casting Crowns
Found on iTunes
- Weldon, Rainbow RScP. (2008) Celebrating Me Journal

Thumbs Up on Fingerprint Stationery!

Good project for all ages

by Beth Stevens

for Real Families, Real Fun

Here is what you'll need

- plain paper (typing paper, plain note cards, postcards, or index cards)
- non-toxic ink pads (Washable ink makes clean-up easier)
- fine line markers
- decorative-edge scissors

Here's what you do

- Cover your work area with newspapers.
- To make basic fingerprint pictures, press a finger firmly on an ink pad.
- Then press the inked finger on plain paper to leave a print.
- Use different fingers for different sizes of prints.
- Practice on scrap paper to see what your prints look like.
- Draw details on the fingerprints with black or colored markers to make creatures or designs.

Some Tips

- For small round spots, use a pencil eraser instead of a finger.
- Group your fingerprint pictures in the paper's corners, across the top and bottom edges of the paper, or around all four sides.
- Choose some of these fingerprint designs or come up with your own.
- The LaClairs liked making caterpillars, butterflies, letters, and flowers.
- The Hannans from Cincinnati made balloons, flowers, and scattered fingerprints in lots of colors. "The borders on the paper with different colors turned out cool!" they report.

Design Ideas

- Balloons--Make round or oval fingerprints in different colors. Group them together and draw a string below each one.
- Pumpkins or apples--Make orange, red, or green fingerprints. Make some round and some oval. Draw stems, leaves or jack-o'-lantern faces on each print with markers.
- Caricatures--Make one oval fingerprint for the head and/or body of each person or pet in your family. Draw faces, legs, arms, and other details with markers to show each person's interests or personality. For example, show a teenager skateboarding, the dancer in your family en pointe or in a tutu, or Grandpa with a wild mustache. The sillier, the better!
- Flowers--Print five round or oval shapes in a circle to make the flower petals. Print a different colored spot in the middle. Use a green marker to draw stems and leaves. (A pencil eraser works great for the petals and centers of small flowers!)
- Holiday Wreath--Overlap a series of green fingerprints in a circle to make a wreath. Use an eraser to make small red dots scattered around the wreath. Draw on a red ribbon.
- Words--Turn your fingerprints into simple words, like "HI!" or "THANKS." Lightly print the word in pencil. Then make fingerprints over your pencil lines to form the letter shapes.
- Random designs--Make finger or eraser prints in different design or color patterns around the edges of the paper. Try stripes, circles, zigzags, and curves. Alternate colors that look good together or use all the colors of the rainbow!

Project Suggestions:

Now that you know how to make the prints, it's time to create different kinds of stationery.

- **COMPUTER STATIONERY:** Type a personalized heading on your computer, such as "From the Desk of. . ." or "An Update from the Smiths." Use different fonts and sizes. Print off several copies on plain typing paper. Then make fingerprint pictures on each sheet near the heading or around the outer edges. For computer-printed letters, compose a letter on the computer. Then put the personalized stationery into the printer and print the letter on it. For

handwritten letters, trim around the edges of the printed paper with decorative scissors.

- **GREETING CARDS:** Fold and cut typing paper into note cards that fit standard envelopes. Trim the edges or corners of the cards with decorative scissors. Make fingerprint pictures on the cover of each card. Leave the inside plain for writing.
- **POSTCARDS:** Make a border of fingerprint patterns around the edges of the plain side of each postcard. Write your message inside the border.
- **RECIPE CARDS:** Decorate the corners of index cards with fingerprint pictures in colors that match your kitchen. At the center top of each card, print "From (name's) Kitchen" or "Here's What's Cooking".

Gift-Giving Options

- Place decorated sheets of typing paper in a colored file folder. Add stamps and envelopes. Decorate the front side of the folder. Tie colorful ribbon or raffia around it.
- Bind twenty personalized recipe cards together with a piece of raffia or ribbon. Tie on a small cookie cutter.

From:

http://familycrafts.about.com/gi/dynamic/offsite.htm?zi=1/XJ/Ya&sdn=familycrafts&cdn=parenting&tm=43&qps=131_640_1276_826&f=11&tt=14&bt=1&bts=1&zu=http%3A//www.newhomemaker.com/family/rfrf/fingerprint.html (accessed 7/24/08)