



A Movement of Self Love

ACTIVITY: Shine Your Light!

Objective: To identify positive things about you in difficult times

QUESTIONS FOR STUDENTS

Do you feel like you don't fit in sometimes?

Is it hard to feel comfortable being you sometimes?

Do you have a hard time knowing how to not get sucked into negativity?

INTRODUCTION

Life can become discouraging at times. Maybe friends are not acting quite so friendly to you. Maybe there are things happening outside of your control that make you feel bad, like your family moving. Or maybe you feel bad and aren't even sure why.

When we feel bad, we are not helpless. We might believe that nothing can be done to make us feel better, but that is a lie. The truth is, we have a powerful brain that can be used to help us when we feel bad.

The secret is this: We don't have to believe the negative things we tell ourselves in our heads or that others say about us. We are not broken. We don't have to have things perfect. We don't have to do something big to feel better.

We only have to think one thing about ourselves that is slightly better than the last thought we had.

ACTIVITY

Give everyone a copy of the Shine Your Light! worksheet. Explain that it is hard to remember little things we can think to "shine our light" when our world feels heavy and bad.

By thinking of things that light us up now, we can use them later when we feel bad.

Take this time to have students list one small thing they could say to themselves when their world feels dark. Some examples include: This is temporary. I am valuable. I may not be perfect but I am perfectly me. I will keep putting one foot in front of the other.

Encourage your students to hold onto their paper and refer to it in difficult times.

My one small thought to light the dark . . .

