

# LEMONADE: ALL ABOUT ME



10

TO KNOW HOW IMPORTANT IT IS TO THINK CORRECTLY ABOUT YOURSELF  
TO BE ABLE TO IDENTIFY POSITIVE QUALITIES ABOUT THEMSELVES  
TO KNOW WHAT JESUS THINKS OF THEM, AND TO BUILD THEIR IDENTITY ON THIS AND THEIR POSITIVE STRENGTHS



**HANG OUT WITH SOMEONE POSITIVE THIS WEEK. SAY SORRY TO SOMEONE THIS WEEK.**

## Intro



- Welcome everyone. (Make sure everyone knows each other, register etc.)
- Explain what happens at youth, and what today is about: Knowing the importance of knowing the great stuff about ourselves, and be able to speak that over ourselves.
- Play Guess Who - you could get the original game, or there is a card game, there is also an app or you could play a version on the Heads Up game.

## Discussion



- What positive qualities can you see in yourself?
- What can happen to a person if they have a negative self image?
- Can someone who appears to be very confident, capable and strong, also have a negative self image?
- What can you do to build up a positive image of yourself?
- Look at the words sheet - choose some words to describe yourself - you can help the person next to you too if they need help. Be Kind!

## Activity



### Positivity Boxes:

Use these little boxes to remind yourself about all your positive traits and qualities. Perfect to store keepsakes of your favourite memories to remind you to feel positive about yourself.

### You will need:

Cardboard craft boxes or printable template // positive words // glue // felt tips // **craft materials**

• See the Info Sheet for how to make them

## Bible Bit...



### Read Psalm 139: 13-14



- How does knowing God made you the way you are on purpose make a difference to how you think and value yourself?



### Read Isaiah 43:3-5



- Do you know how much God loves you? In what ways does focusing on God's love for you drown out other thoughts and opinions of yourself?
- How can develop a habit of focusing on what God says about you, rather than what you or others say about you?



### Read Luke 10:27



- What does this verse tell us to do?
- How can you make sure you love yourself as much as you love other people?

## Prayer



Pray about your self esteem and the thoughts you have surround this, that you would remember and know how much God loves you



Can you post anything on Facebook about what you've learnt today?



Can you post a picture on insta representing what you've done today?



Can you post anything on SnapChat about what you've learnt today?

## SESSION INFO FOR LEADERS:

When we talk about self image, we might assume that it is all about how someone looks, the clothes they wear and how attractive they are. However, self image is actually all about how an individual person sees themselves. If we have a positive self image, we see ourselves in a positive light, including our personalities, achievements and also how we look.

Key questions:

- What positive qualities can you see in yourself?
- What can happen to a person if they have a negative self image?
- Can someone who appears to be very confident, capable and strong, also have a negative self image? - What can you do to build up a positive image of yourself?

Everyone has positive qualities, no matter how they see themselves. In order to build resilience, it is important that we build up a positive self image of who we are, so that when things go wrong, we can trust in who we are to see ourselves through the situation.

### Activity: Positivity Boxes

Use these little boxes to remind yourself about all your positive traits and qualities. Perfect to store keepsakes of your favourite memories to remind you to feel positive about yourself.

You will need:

**Cardboard craft boxes or printable template // positive words // glue // felt tips // craft materials**

### How to make them:

1. If you are using the template, print a copy onto a piece of thick card for each young person
2. Each person needs to choose some positive words to describe each other and give them to the corresponding person with an explanation of why they chose those words
3. Ask each person in your group to choose some positive words to describe themselves, too.
4. If you are using the template, follow the instructions on the template on how to construct your box
5. Decorate the inside or outside of the box with the words, either by sticking them on or writing them on yourself
6. Add anything extra you might want to make your box how you would like it.

## CHOOSE SOME POSITIVE WORDS FROM THE LIST BELOW THAT DESCRIBE YOU:

DETERMINED / FAIR / CLEVER / DARING / CALM / SUPPORTIVE /  
RESPECTFUL / BOLD / INSPIRING / ENERGETIC / POWERFUL /  
ARTICULATE / COMPASSIONATE / EASY-GOING / DEDICATED /  
PROACTIVE / CONSIDERATE / QUIRKY / OPTIMISTIC / IMAGINATIVE /  
THOUGHTFUL / FOCUSED /  
/PRETTY/  COURAGEOUS / STRONG / PATIENT /  
TOUGH /  HARD-WORKING / OPEN-MINDED /  
MOTIVATED /  ENTHUSIASTIC / OPINIONATED /  
FASCINATING /  JOYOUS / CHARMING / ENTERTAINING /  
INDEPENDENT /  RESERVED / BRIGHT / EXCITED /  
INTELLIGENT / COMFORTABLE / TALKATIVE / UNIQUE / OBSERVANT /  
TALENTED / SENSITIVE / AWARE / TOLERANT / WILLING / LOGICAL /  
CONFIDENT / ADVENTUROUS / STEADY / UNDERSTANDING /  
WARM / HONEST / AMUSING /  CARING / CURIOUS /  
SYMPATHETIC / GENEROUS /  MODEST / INSTINCTIVE /  
SENSIBLE / COMMITTED / RESPONSIBLE /  
TRUSTWORTHY / THOUGHTFUL / FRIENDLY / CHEERFUL / WISE / LOYAL  
/ KIND / GENTLE / PASSIONATE / HILARIOUS / PATIENT /  
FORGIVING / OUTGOING / CREATIVE / HAPPY /  QUICK /  
TALENTED / LEADER / PRACTICAL /  SUCCESSFUL  
/ WITTY / AMBITIOUS / BRAVE / HELPFUL /  AUTHENTIC /  
CALM / INVENTIVE / BALANCED / SKILLFUL / SPONTANEOUS /  
ACTIVE / CHARISMATIC / INCREDIBLE / DEVOTED / GENUINE /  
ATTENTIVE /  SERIOUS / POSITIVE / VIBRANT / SOCIABLE /  
AFFECTIONATE /  INTERESTING / COURAGEOUS / CAPABLE /  
FLEXIBLE /  ORIGINAL / POWERFUL / IMAGINATIVE /  
FIERCE /  POLITE / NATURAL / TRUSTING / MOTIVATED /  
ADAPTABLE / DECISIVE / RELIABLE

# POSITIVITY BOX TEMPLATE

