

*How do I build a strong mind?*

“I capture all my thoughts and train them to be true to what God says.”

*What does God say?*

“Do not be shaped by this world. Instead, be changed within by a new way of thinking. ”

Romans 12:2 (ICB)

## Objectives

**The primary objective is to form a new way of thinking based on what God declares to be true.**

We want students to:

- learn to recognize negative or false thinking patterns and
- create new “well worn” paths in their minds (lesson points)
  - a. I believe I can learn new things.
  - b. I treat others the same way I want to be treated.
  - c. I am never alone. God is always with me.
  - d. I share because it makes others and me happier.

# Spring 2024 CT: 'My Strong Mind' Junior Version

**How do I build a strong mind?**

*"I capture all my thoughts and train them to be true to what God says."*

**What does God say? Romans 12:2 (ICB):**

*"Do not be shaped by this world. Instead, be changed within by a new way of thinking."*

**2024 Spring**

**DISCIPLINE**

March 4 - May 31

Closed:

March 29-30 (Easter Break)

May 27: Memorial Day

May 19: Starwatch Student Show

March 2024						
Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April 2024						
Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May 2024						
Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## Eli Learns a New Way of Thinking

**Main Points Each Week:** Preface every lesson point with "My new way of thinking is..."

### A Well-Worn Path

**Weeks 1-3:** Lesson Point: I believe I can learn new things.

Week 1: supplements 1a & b

Week 2: supplements 1a & b / coloring page handout

Week 3:

### Who Is Most Important?

**Weeks 4-6:** Lesson Point: I treat others the same way I want to be treated.

Week 4: Teach the Mighty Mind Song

Week 5: coloring page handout

Week 6:

**The Mighty Mind Song** (To the tune of 'Be Careful Little Eyes What You See' - Motion suggestions or make your own!)

Be careful little mind what you think (2x)

(Point to head, then clap twice)

For the thoughts I think inside

(Point to head with one or both hands)

Must be true all of the time

(Use sign language "Bible hands")

If I want to grow a strong and mighty mind!

(Make strong man arms / clap twice)

### I Am Not Alone

**Weeks 7-9:** Lesson Point: I am never alone. God is always with me.

Week 7:

Week 8: maze handout

Week 9: supplement 9

### "It's Mine!"

**Weeks 10-12:** Lesson Point: I share because it makes others and me happier.

Week 10: supplement 10

Week 11:

Week 12: coloring page handout

Week 13:

# Spring 2024 CT: 'My Strong Mind' Junior Version

## **How do I build a strong mind?**

*"I capture all my thoughts and train them to be true to what God says."*

## **What does God say? Romans 12:2 (ICB):**

*"Do not be shaped by this world. Instead, be changed within by a new way of thinking."*

## Week 1: March 4-9

- 1. Intro:** This season we're going to learn how to train our brains to think good, true thoughts. We want to:
  - erase old thoughts that keep us from learning new things (**supplement Week 1a**)
  - and replace them with new true thoughts.
  - (**Week 1b**) When we do this, we can be better at sports, be better friends, be less afraid of things, and be happier people.
  - Our story is about a boy named Eli and how he learns to be better at all of these things.
- 2. Teach declaration & verse**
- 3. Lesson 1:** *My new way of thinking is: I believe I can learn new things.*
- 4. Story & Question:** Our first story is called **A Well-Worn Path**. After you listen to it, I'm going to call on some of you to answer this question: **What were the reasons Eli did not want to be in the parade?** Listen carefully and be ready to answer that question afterward.
- 5. Question:** What were the reasons Eli did not want to be in the parade?
  - "I can't ride my bike!"; "I just keep falling!"; "I'll never be as good as they are!"*
- 6. What do you think?**
  - Have you ever said, *'I can't do that'* when you've tried something a few times and just aren't able to learn it quickly? (*answers*)
  - What do you think would be a healthy new way of thinking?
    - I'm going to keep practicing until I get this! / I'm not quitting! / I'll get someone to help me figure this out....*
- 7. Gym Application**
  - (*Show Week 1a again*) During class today, if you start thinking, "I can't do this!" I want you to stop and remember this picture.
  - Erase that thought because it's not true.
  - Instead, start thinking: "I'll keep practicing until I get this!"
- 8. Dismissal**
  - I believe I can learn new things.
  - My new way of thinking is: I believe I can learn new things.*

## Planning Notes:

---

---

# Spring 2024 CT: 'My Strong Mind' Junior Version

## How do I build a strong mind?

*"I capture all my thoughts and train them to be true to what God says."*

## What does God say? Romans 12:2 (ICB):

*"Do not be shaped by this world. Instead, be changed within by a new way of thinking."*

## Week 2: March 11-16

### 1. Declaration & Verse

### 2. Intro: A declaration is something we make known by clearly announcing it.

- In our declaration, we are telling ourselves how we are going to build a strong mind.
- We may not have a strong mind yet, but by **declaring** how we can get a strong mind, we are learning to think the right way.
- In our story, Eli had to declare a new way of thinking about riding his bike. Do you remember what it is? (*Main lesson point*)

### 3. Lesson 2: *My new way of thinking is: I believe I can learn new things.*

### 4. Story & Question: We're going to listen again to our first story, **A Well-Worn Path**. Afterward, I'm going to call on some of you to answer this question: **What lesson did Mom want to teach Eli when they went on the walk in the woods?** Listen carefully and be ready to answer that question afterward.

### 5. Question: What lesson did Mom want to teach Eli when they went on the walk in the woods?

- When you keep thinking the same thought over and over, it becomes a well-worn path.*
- If you're thinking true thoughts, this is good. But if you're thinking false thoughts, this is bad.*

### 6. What do you think?

- How long do you think it takes for deer to make a well-worn path in the woods?
  - Maybe weeks or months! But they don't give up.*
- How long do you think it takes to make a new way of thinking in your mind?
  - It takes time to grow a strong mind, just like it takes time to grow strong muscles.*
  - You must keep erasing bad thoughts and replace them with good thoughts until you have a well-worn path.*
  - Your brain will gradually forget your old way of thinking until only the new way of thinking is left.*

### 7. Gym Application

- Growing a new way of thinking is like growing new muscles.
- Can you grow new muscles in one day?
- It takes many weeks, even years of practice to become strong enough to be really good at gymnastics or ninja.
- Your brain is the same. You must practice a new way of thinking.
- (*Show supplement 1a & b*) Today, if you start to think something is too hard, erase that thought and think, "I want to be good at this, so I'll keep practicing."

### 8. Dismissal

- I believe I can learn new things.
- My new way of thinking is: I believe I can learn new things.*

Handout: [Eli biking coloring page](#)

## Planning Notes:

# Spring 2024 CT: 'My Strong Mind' Junior Version

## *How do I build a strong mind?*

*"I capture all my thoughts and train them to be true to what God says."*

## **What does God say?** Romans 12:2 (ICB):

"Do not be shaped by this world. Instead, be changed within by a new way of thinking."

## Week 3: March 18-23

### 1. Practice declaration & verse together

2. **Intro:** God created people with the ability to learn new things. If He didn't, we would all still be crawling around in diapers! But sometimes we look around at others and see them doing something that looks really hard. We start to think, "I can't do that." We compare ourselves to them. Just because you can't do something now doesn't mean you can't learn to do it. This is the lesson Eli is learning in our story.

### 3. Lesson 3: *My new way of thinking is: I believe I can learn new things.*

4. **Story & Question:** We're going to listen one last time to our story, **A Well-Worn Path**. Afterward, I'll call on some of you to answer this question: **What did the bible verse say that Mom read to Eli when they sat on the bench?** Listen carefully and be ready to answer that question afterward.

5. **Question:** What did the bible verse say that Mom read to Eli when they sat on the bench?

- (This may be hard to answer. If no one answers, quote the verse, emphasizing the bold part)*
- "Pay careful attention to your own work, for then you will get the satisfaction of a job well done, and you won't need to compare yourself to anyone else."*
- Eli is comparing himself to his friends and thinks, "I'll never be as good as they are!"*

### 6. What do you think?

- Do you think it's good to compare yourself with others?
  - Comparing yourself to others can be good or bad. If you see someone who is better than you and you think "Wow! I want to do that too! I'm going to work hard until I get it!" That's a good thought.*
  - But if you think, "I'll never be good like they are," and it makes you want to quit, that's a bad thought. You need a new way of thinking.*

### 7. Gym Application

- When you look around the gym today and see others doing really cool skills, which of these thoughts should you think?
  - I can't wait until I can do that too!
  - I'll never be that good.
  - I'm afraid of heights, so I won't be able to do that.
  - If I practice hard, I could be that good too!

### 8. Dismissal

- I believe I can learn new things.
- My new way of thinking is: I believe I can learn new things.*

## Planning Notes:

---

---

# Spring 2024 CT: 'My Strong Mind' Junior Version

## *How do I build a strong mind?*

*"I capture all my thoughts and train them to be true to what God says."*

## **What does God say?** Romans 12:2 (ICB):

**"Do not be shaped by this world. Instead, be changed within by a new way of thinking."**

## Week 4: March 25-28 (Closed March 29-30: Easter Break)

### 1. Practice declaration & verse together

2. **Intro:** We're learning to think good and true thoughts so we can have a strong mind. This song will help us remember to do that. It's called *The Mighty Mind Song*.

3. **Lesson 4:** *My new way of thinking is: I treat others the same way I want to be treated.*

4. **Story & Question:** We have a new story today. It's titled: **Who Is Most Important?**. After you listen to it, I'm going to call on some of you to answer this question: **Why was Harlow unhappy?** Listen carefully and be ready to answer that question afterward.

5. **Question:** Why was Harlow unhappy?

a. *Eli yelled "I'm first!" and cut in front of Harlow even though he was there first.*

### 6. What do you think?

a. How many friends do you think Eli will have if he keeps thinking that he deserves to be first all the time?

b. What do you think is the best way to treat people so you can have lots of friends?  
i. *You should treat others the same way you want to be treated.*

### 7. Gym Application

a. I'm going to read some examples of the way you should and should not treat others. Answer *yes* or *no* after I read each one.

i. Staying on your favorite station longer than you should.

ii. Putting equipment back in place for the next person.

iii. Telling your classmate you don't want them to sit by you during CT.

iv. Laughing when someone falls.

v. Paying attention to your coaches when they give instructions instead of bothering others.

vi. Waiting for your classmate to completely finish their turn before you take yours.

b. Growing a strong mind includes thinking about the way we treat others. Remember to do that today in class!

### 8. Dismissal

a. I believe I can learn new things.

b. *My new way of thinking is: I treat others the same way I want to be treated.*

## Planning Notes:

---

---

# Spring 2024 CT: 'My Strong Mind' Junior Version

## **How do I build a strong mind?**

*"I capture all my thoughts and train them to be true to what God says."*

## **What does God say? Romans 12:2 (ICB):**

*"Do not be shaped by this world. Instead, be changed within by a new way of thinking."*

## Week 5: April 1-6

### 1. Practice declaration & verse together

2. **Intro:** In our story, Eli is learning to treat others the way he would like to be treated. Sometimes we hurt others feelings - not because we want to, but because we were only thinking about ourselves and not them. Like grabbing the biggest cookie or laughing at someone when they make a mistake. When we learn to think about others before we say or do something, we are less likely to hurt them or make them angry.

3. **Lesson 5:** *My new way of thinking is:* **I treat others the same way I want to be treated.**

4. **Story & Question:** After we listen to our story, "**Who Is Most Important?**" I'm going to call on some of you to answer this question: **What was Coach Josh's answer to who is most important?** Listen carefully and be ready to answer that question afterward.

5. **Questions:** What was Coach Josh's answer to who is most important?

- a. *No one. God created everyone in this gym and He does not consider one person more important than another.*
- b. *Coaches are here to help, but they aren't more important.*
- c. *When you insist on being first on everything, you're telling others that you're more important than them. They feel angry or sad.*

6. **What do you think?**

- a. Who do you think is most important in our gym?
  - i. *No one! BUT - there are people who know more about gymnastics and ninja and can help you, so we listen to them. But God sees everyone as being very important!*

7. **Gym Application**

- a. Today during class, if the coach is talking to or helping another person, be patient and wait your turn. That shows others you think they are equally as important as you are.
- b. Think: *I will treat others the same way I want to be treated.*

8. **Mighty Mind Song if time**

9. **Dismissal**

- a. I believe I can learn new things.
- b. *My new way of thinking is:* **I treat others the same way I want to be treated.**

Handout: [Mighty Mind coloring page](#)

Planning Notes:

---

---



# Spring 2024 CT: 'My Strong Mind' Junior Version

## **How do I build a strong mind?**

*"I capture all my thoughts and train them to be true to what God says."*

## **What does God say? Romans 12:2 (ICB):**

*"Do not be shaped by this world. Instead, be changed within by a new way of thinking."*

## Week 6: April 8-13

### 1. Practice declaration & verse together

### 2. Intro: Mighty Mind Song.

- a. *(After song) Is this a true thought to think? I'll never be good at gymnastics (ninja)?*
- b. *A better thought would be, If I work hard during every class, I'll keep getting better.*

### 3. Lesson 6: **My new way of thinking is: I treat others the same way I want to be treated.**

### 4. Story & Question: We're going to listen to our story, "**Who Is Most Important?**" one more time. Then I'll call on some of you to answer this question: **What does Coach Josh say will happen to Eli if he treats others the way he wants to be treated?** Listen carefully and be ready to answer that question afterward.

### 5. Questions: What does Coach Josh say will happen to Eli if he treats others the way he wants to be treated?

- a. *He will be happier and always have plenty of friends.*
- b. *When we begin to change the way we think, the way we **act** will change too.*

### 6. What do you think?

- a. Do you think Eli is beginning to change how he thinks by the end of the story?
  - i. *Yes - He lets Harlow and Logan get their drinks first.*
  - ii. *If Eli says his new declaration every day, it will make a well-worn path in his mind and replace his old, unhealthy way of thinking.*

### 7. Gym Application

- a. In class today, after I tell all of you what you're going to be doing on each station, what will you do if two of you want to start at the same station?
  - i. *One volunteers to go to another station.*
  - ii. *Play one round of Rock-Paper-Scissors! Whoever wins, stays.*
  - iii. *Ask your coach to decide.*

### 8. Dismissal

- a. I believe I can learn new things.
- b. *My new way of thinking is: I treat others the same way I want to be treated.*

## Planning Notes:

---

---



# Spring 2024 CT: 'My Strong Mind' Junior Version

## How do I build a strong mind?

*"I capture all my thoughts and train them to be true to what God says."*

## What does God say? Romans 12:2 (ICB):

*"Do not be shaped by this world. Instead, be changed within by a new way of thinking."*

## Week 7: April 15-20

### 1. Practice declaration & verse together

2. **Intro:** Today we have a new story. Eli gets to stay at his grandpa's for two nights! He's really excited - until - it's bedtime. Let's see why.

3. **Lesson 7:** *My new way of thinking is: I am never alone. God is always with me.*

4. **Story & Question:** The name of the new story is ***I Am Not Alone***. After we listen, I'm going to call on some of you to answer this question: **What happened in Eli's mind right after Grandpa turned out the light and left?** Listen carefully and be ready to answer that question afterward.

5. **Question:** What happened in Eli's mind right after Grandpa turned out the light and left?

a. *He let his mind fill with scary thoughts of shadows and wolves jumping through the window.*

### 6. What do you think?

a. What do you think made Eli go from being so happy to being so scared?

i. *His thoughts! Our **feelings** come from our thoughts.*

ii. *If Eli thinks wolves are going to jump through his window, he will **feel** scared.*

iii. *He needs to remember he is never alone. God is always with him.*

iv. *Do you know anyone who has had a wolf jump through a bedroom window?*

v. *Thoughts that aren't scary during the day may seem scary at night. Make sure the thoughts you think are true!*

### 7. Gym Application

a. Sometimes you may feel afraid to try new things in the gym. But if you want to get better, you need to control your fear.

b. Remember these things:

i. First, ask God to calm your fear. He is always with you to help.

ii. Next, change your thoughts. Think, "I can't do this YET, but there's a lot of things I couldn't do that I can do now."

iii. Then, remember you have a coach who will help you until they know you are able to do it by yourself.

iv. Don't ever let your feelings of fear stop you from learning a new skill!

### 8. Dismissal

a. I believe I can learn new things.

b. *My new way of thinking is: I am never alone. God is always with me.*

## Planning Notes:

---

---

# Spring 2024 CT: 'My Strong Mind' Junior Version

## **How do I build a strong mind?**

*"I capture all my thoughts and train them to be true to what God says."*

## **What does God say? Romans 12:2 (ICB):**

*"Do not be shaped by this world. Instead, be changed within by a new way of thinking."*

## **Week 8: April 22-27**

### **1. Practice declaration & verse together**

### **2. Intro: Mighty Mind Song**

- a. According to the song, how do you grow a strong and mighty mind?
  - i. *The thoughts I think inside, must be **true** all of the time.*

### **3. Lesson 8: *My new way of thinking is: I am never alone. God is always with me.***

### **4. Story & Question:** After we listen to our story *I Am Not Alone*, this is the question I'll ask some of you: **What did Grandpa tell Eli he should and should not listen to?** Listen carefully and be ready to answer that question afterward.

### **5. Question:** What did Grandpa tell Eli he should and should not listen to?

- a. *He should not listen to lies his mind tells him.*
- b. *He should listen to God's truth in the Bible.*
- c. *God says, 'Remember that I am always with you until the end of time.'*

### **6. What do you think?**

- a. Why do you think Grandpa told Eli to listen to what God says in the Bible?
  - i. *The Bible always tells the truth. And when truth enters our minds, it's like sunshine; it's so powerful, it chases all the dark, scary thoughts away.*
  - ii. *Grandpa knows it's the best way to help Eli overcome his feelings of being alone and afraid.*

### **7. Gym Application**

- a. What can you do if you are afraid to walk backward on the beam (*or other scary thing*)?
  - i. *Ask God to calm your fear.*
  - ii. *Imagine yourself walking backward with a smile on your face!*
  - iii. *Ask the coach for help.*
- b. What can you do if you start to feel afraid because your mom hasn't come to get you after class?
  - i. *Ask God to calm your fear.*
  - ii. *Think about something you can DO rather than sit there and be afraid.*
  - iii. *Go to the office. The people there are very friendly and will help you.*
  - iv. *Do NOT go outside looking for her! Stay in the gym.*

### **8. Dismissal**

- a. I believe I can learn new things.
- b. *My new way of thinking is: I am never alone. God is always with me.*

Maze handout

Planning Notes:

---

---

# Spring 2024 CT: 'My Strong Mind' Junior Version

## *How do I build a strong mind?*

*"I capture all my thoughts and train them to be true to what God says."*

## **What does God say?** Romans 12:2 (ICB):

**"Do not be shaped by this world. Instead, be changed within by a new way of thinking."**

## Week 9: April 29 - May 4

### 1. Practice declaration & verse together

2. **Intro:** We're learning to think good, true, helpful thoughts. When we do that here at the gym, it helps us get better.

3. **Lesson 9:** *My new way of thinking is:* I am never alone. God is always with me.

4. **Story & Question:** This is the last week of our story *I Am Not Alone*. Here's the question I'll ask some of you: **At the very end of the story, what does Eli do that helps him go to sleep right away?** Listen carefully and be ready to answer that question afterward.

5. **Question:** At the very end of the story, what does Eli do that helps him go to sleep right away?

- a. Eli imagined Grandpa was sitting on his bed saying the declaration with him.
- b. His mind was so full of true thoughts and happy images that he fell right asleep.

### 6. What do you think?

- a. Why do you think Grandpa is having Eli say his new declaration so many times?
  - i. *When you keep thinking the same thought over and over, it becomes a well-worn path.*
  - ii. *If your thought is true,...you'll believe it and that's good. But if your thought is not true, then that's a bad thing. You'll believe that instead.*
  - iii. *Grandpa is having Eli repeat the declaration so many times because he wants Eli to believe the new, true thought, not the old one anymore.*

### 7. Gym Application

- a. *(Show Supplement Week 9 and read the thoughts)* Which of these thoughts are you going to be thinking today?

### 8. Mighty Mind Song if time

### 9. Dismissal

- a. I believe I can learn new things.
- b. *My new way of thinking is:* I am never alone. God is always with me.

## Planning Notes:

---

---

# Spring 2024 CT: 'My Strong Mind' Junior Version

## How do I build a strong mind?

"I capture all my thoughts and train them to be true to what God says."

## What does God say? Romans 12:2 (ICB):

"Do not be shaped by this world. Instead, be changed within by a new way of thinking."

## Week 10: May 6-11

### 1. Practice declaration & verse together

### 2. Intro: If you were here for the first story, do you remember this picture? (Supplement Week 1a)

- We're learning how to train our brains to think good, true thoughts.
- We want to erase old thoughts that keep us from learning new things and replace them with true helpful thoughts.
- Here's what Eli is going to be learning in our new story:

### 3. Lesson 10: *My new way of thinking is: I share because it makes others and me happier.*

### 4. Story & Question: This story about Eli is titled, "*It's Mine!*". After you listen, here's the question I'll ask some of you: **Who had the right way of thinking in the beginning of the story?** Listen carefully and be ready to answer that question afterward.

### 5. Question: Who had the right way of thinking in the beginning of the story?

- Dad. He was glad to share his soccer ball even though it was not the right size for the girls.*

### 6. What do you think?

- Do you think Eli was *really* planning on getting out his soccer ball to practice kicking just when Trudy came in? (*No!*)
- What do you think was the *real* reason he said that?
  - He was trying to find a good excuse **not** to share with Trudy.*

### 7. Gym Application

- A declaration is something we make known by clearly announcing it. In our declaration, we are telling ourselves how we are going to build a strong mind.
- We may not have a strong mind yet, but by **declaring** how we can **get** a strong mind, we are learning to think the right way.
- We can think true thoughts during class and declare them to ourselves. This helps us learn new skills and helps us be better friends to our classmates. (Supplement Week 10)

### 8. Dismissal

- I believe I can learn new things.
- My new way of thinking is: I share because it makes others and me happier.*

## Planning Notes:

---

---

# Spring 2024 CT: 'My Strong Mind' Junior Version

## **How do I build a strong mind?**

*"I capture all my thoughts and train them to be true to what God says."*

## **What does God say? Romans 12:2 (ICB):**

*"Do not be shaped by this world. Instead, be changed within by a new way of thinking."*

## Week 11: May 13-18

### 1. Practice declaration & verse together

### 2. Intro: Mighty Mind Song

- a. What does this song tell us will happen if we're careful about what we let our minds think?
  - i. *We grow a strong and mighty mind!*
  - ii. *That means we can stop feelings like fear or anger from ruling over us.*
  - iii. *We can think thoughts that overpower those bad feelings.*
  - iv. *Then we can make good choices that help us and others.*

### 3. Lesson 11: *My new way of thinking is: I share because it makes others and me happier.*

### 4. Story & Question: Let's listen again to the story, "*It's Mine!*" about Eli. After you listen, here's the question I'll ask some of you: **What was Eli thinking as he watched the girls through the window?** Listen carefully and be ready to answer that question afterward.

### 5. Question: What was Eli thinking as he watched the girls through the window?

- a. *Eli wished he could play soccer too because the girls were laughing and having so much fun.*

### 6. What do you think?

- a. If you have a soccer ball, basketball, or even a frisbee, do you think it's more fun to play with it alone or with others?
- b. How do you think Eli is feeling about his choice to say, "It's mine!" as he looks out the window?
  - i. *He is probably thinking that not sharing his soccer ball was not such a good idea!*

### 7. Gym Application

- a. Eli shared his soccer ball so everyone could practice and get better. And they were all much happier too!
- b. Sharing also includes sharing time on the equipment here in the gym. Make sure others get a turn.
- c. Sharing also includes some of the manipulatives we use, like the little soccer balls or Buck the deer.
- d. If everyone was selfish and unkind to others, no one would learn anything. And they would probably quit and leave! Sharing keeps our gym happy and our learning fun.

### 8. Dismissal

- a. I believe I can learn new things.
- b. *My new way of thinking is: I share because it makes others and me happier.*

## Planning Notes:

---

---

# Spring 2024 CT: 'My Strong Mind' Junior Version

## How do I build a strong mind?

*"I capture all my thoughts and train them to be true to what God says."*

## What does God say? Romans 12:2 (ICB):

*"Do not be shaped by this world. Instead, be changed within by a new way of thinking."*

## Week 12: May 20-25

### 1. Practice declaration & verse together

2. **Intro:** When someone says, "I changed my mind," it doesn't mean they actually put in a new brain! It means they discovered a new way of thinking about something.

- a. Maybe they thought that all dogs were mean because **one** dog was mean to them. But then they got a puppy and realized how fun dogs are and what good friends they can be.
- b. They replaced that old way of thinking, which was not true, with a new way of thinking.

### 3. Lesson 12: *My new way of thinking is: I share because it makes others and me happier.*

4. **Story & Question:** We're going to listen one last time to the story, *"It's Mine!"*. After you listen, be ready to answer this question: **What did Eli tell the girls after Dad suggested he take his soccer ball out and join them?** Listen carefully!

5. **Question:** What did Eli tell the girls after Dad suggested he take his soccer ball out and join them?

- a. *"I changed my mind. Let's all practice with my ball!"*

### 6. What do you think?

- a. Do you think Eli is learning a new way of thinking about sharing his things?
  - i. *Yes. What we think about and believe always shows by the way we act.*
  - ii. *When Eli decided Dad was right about sharing his soccer ball, he believed it was true.*
  - iii. *Then he acted differently. He didn't say, "It's mine!" this time. He shared it and learned it was a lot more fun!*

### 7. Gym Application

- a. When we talk about sharing, we most often think of sharing a toy or maybe some of our snacks or other objects.
- b. But one of the best things you can share is not something you can see or touch. It's kindness.
- c. Kindness is a way to treat others that lets them know we think they are important to us.
- d. We can share kind words. We can do kind acts, like helping them clean up a mess or hugging them when they feel bad. We can be friendly with a new student who comes to class and ask them to sit by us.

### 8. Mighty Mind Song - if time.

### 9. Dismissal

- a. I believe I can learn new things.
- b. *My new way of thinking is: I share because it makes others and me happier.*

Hand out soccer coloring page

## Planning Notes:

---

---

## Spring 2024 CT: 'My Strong Mind' Junior Version

### ***How do I build a strong mind?***

*"I capture all my thoughts and train them to be true to what God says."*

### **What does God say? Romans 12:2 (ICB):**

"Do not be shaped by this world. Instead, be changed within by a new way of thinking."

**Week 13: May 28,29,31 & June 1 (Closed May 27-Memorial Day & 30 - Training)**



# Spring 2024 CT: 'My Strong Mind' Junior Version

## ***How do I build a strong mind?***

*"I capture all my thoughts and train them to be true to what God says."*

## **What does God say? Romans 12:2 (ICB):**

**"Do not be shaped by this world. Instead, be changed within by a new way of thinking."**

## Ninja Activity Supplement

### Weeks 1-3

#### Floor (Two options)

1. Set up a leaping course alongside the obstacle course using the deer prints.

- Mark a starting line and take off line.
- Leap from print 1 to print 2.
- Between prints 2 & 3 add one foam block.
- Between 3 & 4 add a stack of two blocks.
- Add as many leaps and foam block stacks as you have room for in a line or other path.

2. Jumping course. Rather than leaping over blocks, set up a jumping course.

- Place two deer prints in front of a foam block.
- From a two-foot takeoff, jump over the block.
- The next one would have two stacked blocks, then three...
- These could either be close together for continuous jumping or spaced so they have to stop before each one and stand on the prints before taking off.

Remind kids to restack the foam blocks they knock over.

#### Warped Wall

Set up an interesting path in front of the big warped wall with deer prints. Holding the stuffed deer (I call him Buck!) hop on one foot down the path and then on the other foot on the way back.

# Spring 2024 CT: 'My Strong Mind' Junior Version

## How do I build a strong mind?

*"I capture all my thoughts and train them to be true to what God says."*

## What does God say? Romans 12:2 (ICB):

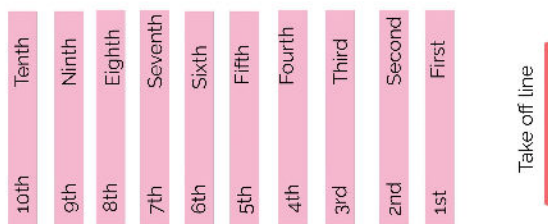
*"Do not be shaped by this world. Instead, be changed within by a new way of thinking."*

**Weeks 4-6:** Theme: ordinal numbers

## Floor

With tape, create this station next to the obstacle course. Space them at whatever is a reasonable distance - challenging, but not impossible. You can always adjust.

- Mention these are called **ordinal numbers** and have them say all of them.
- Call someone's name and tell them to hop to the 8th line.
- Call another name and tell them to crawl to the 3rd line, etc....until everyone is lined up before you.
- Demonstrate running to the take off line and jumping as far as you can.
- Ask them which line you landed on or are closest to.
- As they wait for their turn on the course, take turns jumping, trying to beat their previous jump.



## Other ideas:

- Jump or hop forwards, backwards, or sideways down the line saying out loud which line they are on.
- Add a spring board or mini trampoline at the take off line.
- Standing on the first line, jump and do a half turn to the second line. Try a full turn.
- Donkey kicks or jumping jacks down the line as they say each ordinal.

## Plank Wall

- There are Montessori peg boards in the office with numbers that range from 1-10.
- Pick a few and place them at the plank wall.
- While kids hold their position, have them place the pegs in the holes, alternating hands each time.