

JSU CLUB ACTIVITY



CONSIDER YOUR CONNECTION

Time needed	20 mins
Age range	Any teen
Background of teen	Any background
Set up	Classroom style

Goals: To give teens an opportunity to think privately about their relationship with God .

Relevance: everyone needs to take time to think by themselves privately. This is a very intense session that requires setting a serious tone for it to be meaningful and spiritual.

Supplies needed: pens and paper

Active Learning:

Tell teens we are going to be spending some time being introspective and thoughtful, this is an opportunity to take time out of our hectic life and look inwards. Settle the room by asking how many people truly think about who they are, what their goals are and how they are growing as a person with any regularity.

Give out paper and pens. Tell teens we are only spending 5 minutes on answering these 4 questions but they should do so privately, they will not need to share their answers this is for THEM alone. They should answer totally honestly, no one will judge them. This is like a check up when you go to the doctor- there is no point not telling the truth even if it sounds bad. The more honest they are the more meaningful this activity will be for them.

Facilitation Questions:

1. Describe your connection with God.
2. Imagine what your connection with God COULD be like.
3. What obstacles are prohibiting your connection from being as you imagine it could be?
4. If you could give yourself one SMALL piece of PRACTICAL advice to help your connection, what would it be?

Unpacking the session:

Ask teens to turn to the person next to them ask them to share either: how they felt writing about what we wrote about and or if they feel comfortable to share some of what they wrote. (most teens will share what they wrote but give them the option not to if they aren't comfortable. Tell them there are 2 rules for sharing:

1. No advice- when it is your turn to listen just listen- don't offer advice or judgment
2. Keep it confidential

Give teens 3 or 4 mins each to talk and then ask them to switch from being the talker to the listener.

Debrief:

Ask the teens: What words would you use to describe the conversations we just had? (they will likely say things like: intimate, intense, open and honest) reflect on how important taking time to have these reflective moments are.

Follow through:

Tell pairs to call each other or text each other twice this week and just check in. Tell them to ask how the practical advice that they gave themselves is going with no judgement. This will give them a chance to continue their conversations.

Alternatives:

This session can be run on any topic:

1. How are you doing with your relationship with your parents
2. Imagine how it could be
3. Obstacles
4. Advice

How are you doing with: Compassion, kindness- you fill in the gap!

Step by step planning:

<i>Time</i>	<i>Facilitator Activity</i>	<i>Teen activity</i>
5 mins	Setting the tone (KEY)	Participating
5 mins	Ask the 4 questions	Writing silently
5-7 mins	Introduce sharing options	Share with partner
5 mins	Debrief on how the conversations felt	participate

Wrap up message:

It is so important to take time to check in with yourself and really consider how you are doing in your relationships, connections, personal growth and spirituality. This session provides that much needed opportunity, how will you make time to do this self check more?