

IDENTITY & SELF-ACCEPTANCE | WEEK 1

WELCOME & WHO YOU ARE

LEADERS GOAL

Learn as much as possible about each student and help them to learn about you & others.

EXPECTATIONS & BEHAVIOURS

Ensure students are aware of what the expectations are, why we follow them.

ACTIVITIES

It's Biology Class
Name Chain

PRAY

Introduce what this is, who we are speaking to & lead

SUPPLIES

- Bristol board, one per small group with image of large hourglass cut out
- Circles to represent sand to write "who we are" on
- Markers
- Double sided tape to secure sand circles to hourglass
- Bible
- Create welcoming space by engaging with students as they enter space.

BOTTOM LINE

Who I am matters—and it's worth celebrating.

AS STUDENTS ARRIVE

Introduce self and learn students name as they enter space

Introduce each student by name to each other as they arrive

Learn everything you can about who they are, where they come from, who they live with, what's important to them, what school looks like, favorite food or candy, ways to relax.

Students write their names and fun information about themselves in the round circles to represent sand inside the hourglass.

STORY CONNECTION

In Freaky Friday, a magical hourglass causes Katherine, the mother, and Ellie, the daughter to switch bodies. Now Ellie is in Katherine's body and Katherine is in Ellie's body! This magical swap teaches them a lot about themselves and each other. We're excited this year to get to know all about you, and for you to learn even more about yourself as well.



TRUTH & TREASURE

At K2K, we believe and celebrate that God is the one true God. We will take time here in our small group to learn more about who God is and how much He loves you and me.

We rely on the Bible to teach us. The Bible is full of stories, letters, and poems that help us learn more about God and His Son, Jesus. The Bible also helps us understand how He made us unique in our interests and abilities.

We'll also dive into the Freaky Friday script and themes of empathy, understanding, identity, self-acceptance, second chances, and relationships. Some of us are great at these things and some of us are wanting to learn more.

OUR STORIES

What brought you to K2K? How did you know about it?
What about K2K are you most excited for this year?
Do you have any questions or concerns about K2K?

K2K BASICS & EXPECTATIONS

At K2K, you matter, and we want to get to know you! The real and authentic you is important to us. At K2K, you can be yourself. What matters most to us is who you are, not what you can do.

We expect a few things from you in how we treat one another.

- Most importantly, it is to treat one another the way you want to be treated.
- Encourage each other
- Choose to be honest
- Participate, play, and learn with cooperation and kindness. Be respectful
- One person speaks at a time.

See the full list of expectations Backstage here <https://k2kproductions.ca/rules-of-conduct>

Is there anything missing here that's important to you?

We value this space so much that we set up boundaries to keep K2K a safe and special place for everyone. If you are not able to treat others, the furniture, this building, or your leaders with respect, you will receive a warning. After two warnings, we will pause what we're doing to speak with K2K Staff. At that time, you will be given a choice, and if the behaviour does not change, we may ask you to step back from attending K2K.



DISCOVERY TIME

GAME | It's Biology Class

Students sit in a circle. One student is Mr. Blumen, the teacher, and sits blindfolded in the middle. Someone in the circle says "Biology, What Have You Done to Me?" and makes a silly sound or says a short fact about themselves ("I love pineapple on pizza!").

Mr. Blumen has one guess to figure out who said it. If they guess right, they swap spots. If not, Mr. Blumen stays and gets another try.

GAME | Name Chain

This game helps students learn each other's names by the end of Small Group time. Begin with one student and go around the circle with each student repeating previous names in a growing sequence.

PRAYER

We like to end our small group time with a prayer to God.

Prayer is talking to God and listening to Him just like talking and listening to your best friend. God hears us when you talk to Him. You may want to close your eyes while we pray, or sit with your eyes open, or hands out. It's your choice.

Let's pray.

Dear God, thank you for bringing us together at K2K. Help us to feel welcome, seen, and heard and to be kind, patient, and understanding with each other so everyone feels welcome. Thank you for being with us as we try new things and get comfortable. We're glad you created each of us unique. We are excited for this new season and to get to know each other better. Amen.

Weekly Challenge

This week, begin reading through the Freaky Friday script. What characters are you drawn to or can relate to the most? I look forward to you sharing this with us at the start of next week's Small Group time.

Please put your script in a binder when you get home. Bring your script, indoor shoes, dance shoes, and labelled water bottle with you each time you come to K2K.

