

## IDENTITY & SELF-ACCEPTANCE | WEEK 2

### WELCOME & WHO YOU ARE

#### LEADERS GOAL

Help each student find friendship at K2K

#### EXPECTATIONS & BEHAVIOURS

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

#### ACTIVITIES

Read Psalm 23  
All about me  
3 Things in 5 Seconds

#### PRAY

God is our friend and He loves us all the time

#### SUPPLIES

- Hourglass Bristol board from last week
- Ball of yarn, one per small group
- Bible marked and open to Proverbs 17:17 NIV
- Create a welcoming space by greeting students by their name.

#### BOTTOM LINE

You belong, just  
as you are

### AS STUDENTS ARRIVE

Ask students what they enjoyed or felt surprised by from K2K last week.  
Finish adding their favourites, pets, and interests to the sand for the hourglass.

### STORY CONNECTION

When you began reading your script this past week, what characters were you drawn to or can relate to the most?

In Freaky Friday, when Ellie, Monica, and Karl team up for the Hunt, Ellie says, "We're the perfect trio." (script, p3)

Our small group might be more than a trio, but we belong together.

## **K2K BASICS & EXPECTATIONS**

We are so excited to unpack much we are loved and taken care of by God as we go through this year. He wants to be our best friend. We know that K2K is an amazing place for friendships!

Who remembers from last week, what does K2K need to look like to be a safe space for all of us?

A full list of expectations can be found Backstage here: <https://k2kproductions.ca/rules-of-conduct>)

- Encourage each other
- Demonstrate honesty
- Participate, play, and learn with cooperation and kindness. Be respectful.
- One person speaks at a time.
- Be punctual (includes regular program and additional rehearsals)
- Arrive into building 5 minutes in advance of start time. If arriving late, may be asked to wait to enter program or small group area to limit disruptions.
- Wear indoor shoes or dance shoes. Remove winter footwear and coat in Lobby before entering program.
- Script and water bottle only comes to program
- Use the washroom before program and only between rehearsals

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.

## **TRUTH & TREASURE**

Psalm 23 reminds us that God is like a shepherd who stays close to His sheep. He cares for us as a true friend, loving us and guiding us just as we are. As a group, let's read it out loud to gain a better understanding of God's love for us.

He makes me lie down in green pastures,  
He leads me beside quiet waters,  
He refreshes my soul.  
He guides me along the right paths  
for his name's sake.  
Even though I walk  
through the darkest valley  
I will fear no evil,  
for you are with me;

your rod and your staff,  
they comfort me.  
You prepare a table before me  
in the presence of my enemies.  
You anoint my head with oil;  
my cup overflows.  
Surely your goodness and love will follow me  
all the days of my life,  
and I will dwell in the house of the Lord  
forever.

## OUR STORIES

What helps you feel calm when life feels stressful?

Have you ever gone through something hard and still felt God with you as a friend?

How does knowing God loves you and accepts you just as you are change how you see yourself?

Where do you feel pressure to “measure up” or be perfect?

If God is a friend to you just as you are, how can you be that kind of friend to someone else?

## DISCOVERY TIME

### GAME | Ball Of Yarn Sharing About Me

At K2K we are excited to grow in connection and friendship with each one of you. We are here for each other, to support and connect with each other. One student will start with a ball of yarn, and share a favourite that hasn't come up in the Hourglass Activity. If someone relates to it, they can put up their hand. The student with the yarn then chooses someone with their hand up and tosses the yarn to them. We'll keep doing this until we are all connected.

\*Sharing suggestions: pop song on playlist, early riser or night owl, car want to drive someday, favourite personality trait, board game always win, video game playing and what level at

### GAME | 3 Things in 5 Seconds

All students stand up in your circle. With each question, the student has 5 seconds to give 3 answers. If they can't give 3 answers in 5 seconds, they sit down. Play until 1 student is left standing.

Suggested Questions:

Name 3 things...in your fridge right now, under your bed, in your school backpack, you eat every day in your lunch.

Name 3...best friends, cousins' names, favourite video games/movies, best gifts ever received.

## PRAYER

God, thank you for being a friend who loves at all times. Thank you for bringing us together in this space for friendships with amazing people. Help us to feel welcome, seen, and heard and to be kind, patient, and understanding with each other. We are excited for K2K, this show, and the friendships we are building. Amen.

### Weekly Challenge

Look for a friend who needs encouragement or a listening ear this week. Can you step out of your comfort zone and offer friendship.

