ACTIVITY IDEAS



BeYourself

BeSpace activities to bring a sense of peace and identity to your life...

Christians believe that we are called to be ourselves... that we all have different gifts, are made differently and are totally unique and God thinks that we are totally awesome.

1. Mirror Mirror

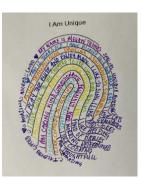
Sit and look in the mirror. Take your time. What do you see? Think about how you see yourself. What do you like about yourself and are thankful for? What do you not like about yourself? Have you ever thought about how/what God thinks about you or sees you? Christians believe that God made everyone, and more importantly, that God loves everyone. No one is perfect, but each person is unique and special. If you would like to, you can write a word to describe yourself and place it around the mirror. You could ask your friends or family to add a positive word about how they see you so you can add that to the mirror. If you would like to think about Gods perception of you? Do you need to change the way that you think about yourself?



2. Unique finger print



Did you know that no-one in the world has the same finger print as you? You are TOTALLY unique! If you have paint or ink stamps at home you could make a finger print book mark with the words 'I'm unique and special' written on it. As you put your finger prints on your bookmark, reflect about how unique you are. You could say a 'thank you' prayer for being you. Or you could draw your own 'I am unique' fingerprint and then write lots of information about yourself in different coloured pens. If you would like to, you could also add a cross to your finger print, as Christians believe that God thinks our uniqueness is amazing!



(Image from Pinterest: https://www.pinterest.co.uk/pin/385339311870033841/)

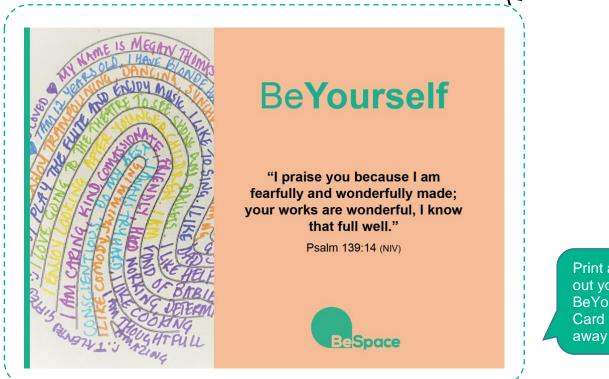
3. Unique Snowflakes

Scientists have studied snowflakes and say that each snowflake that falls to the ground has a different pattern of ice crystals. They say that every snowflake is unique. No two snowflakes are the same. Just like no two people are the same. People are unique too. No two people are the same. Everyone has a different fingerprint, different skills, different backgrounds, different hobbies. Different is good and makes you totally unique and awesome. If you would like to, make a snowflake (from paper) and write things about yourself on it. Hang it up as a reminder of how unique you are. For instructions on how to make a snowflake you could follow this National Trust link or look up other designs online.

4. All about me

Do you have a photo of yourself that you can use to make a fact file about yourself? If so, stick the photo of yourself on a piece of paper (or if you don't have a photo, draw a picture of yourself instead). Then write down things about yourself, e.g. your name, age, favourite colour, favourite food, what you like, colour of your eyes, favourite toy, musical instruments you play, or sports you're good at, or just things you enjoy etc... As you do this take the time to reflect or pray about all the things that make you totally you – unique and special – and be thankful.





Print and cut out your BeYourself Card to take away...