



TODAY'S TOPIC:

**Summer Mindfulness**

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

**THINKING JOB:** Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

***Can I change what I am thinking about?***

**Lesson**

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> <li>Blanket or something to lie on while cloud watching.</li> </ul>	<ul style="list-style-type: none"> <li>Time and place to watch clouds</li> </ul>	Know that you can both let thoughts move on by and you can pause and change your thoughts.

***ACTION: With a focus on mindfulness, do this activity slowly with pauses in between your questions and chances to just watch the clouds. This is a guided activity that will incorporate the lesson.***

1. Have the blankets positioned where you are in the shade but can see the sky.
2. Have everyone lay back and ask what they see in the sky.
3. Bring the focus to clouds specifically. **ASK: Do they stay still, or do they move? Do they stay the same or change shape? Can you see any shapes in the clouds?**
4. Spend a moment just watching the clouds move. **SAY: These clouds are kind of like your thoughts. These clouds come in and then move on. Sometimes when we have big feelings or thoughts we don't want, we can get still and picture them as clouds and watch them move away. Your thoughts can come in and then move on.**
5. Challenge: Cloud-Busting. **SAY: Choose a cloud to watch and imagine it**

breaking apart and fading away. **ASK: Think hard! Is your cloud changing or staying the same? Is it getting smaller or thinner? Maybe it will even go away completely! This is great for when you have thoughts you don't like. Having thoughts you don't like happens to everyone. Example: If you have grumpy, cranky thoughts, you can imagine them as dark clouds, then think of something happy, and imagine light breaking those dark clouds (and grumpy, cranky thoughts) apart and imagine them fading away.**

Spiritual Spin **ASK: Is the sun out today? Reminder – never look directly at the sun! ASK: Can you see sunshine? No! We can see feel the warmth, we can see shadows, we can see the effects, but we cannot see sunshine. This is just like Spirit! You may not always see Spirit, but Spirit is here shining on you all the time.**

**AFFIRMATION** – Just like the sun shines on me, Spirit shines on me.

Repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .