



TODAY'S TOPIC:

Be Proud

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.

What does it mean to be “proud”?

Lesson

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> n/a 	<ul style="list-style-type: none"> n/a 	Know that feeling proud is okay, and that feeling proud of your accomplishments helps your confidence.

SAY: What does the word “proud” mean?

SAY: “Proud” means feeling happy with yourself and your achievements, which is a word for the things you are doing have or have done. You can be proud of yourself, and you can be proud of other people. And we can feel proud when people recognize that we worked hard at something. We can feel proud when we reach a goal we set for ourselves.

SAY: I especially like the idea of being proud of myself. There is a lot of cool stuff that makes me the best me I can be, that makes me special, and I can be proud of that. Can you think of something about you that are proud of? Give an example.

ASK: What are some ways you can practice feeling proud of yourself.

- Make a list of things you are good at. – if you have trouble making a list, you can ask other people what they think you are good at.
- Say the things you are good at out loud. – Ex: I am strong. I am a good learner. I am kind.

- Be helpful - Contribute and participate – help in your family, be part of a team.
- Be a problem solver – feel confident you can figure things out.
- Make mistakes – be proud of what you learn from your mistakes.
- Be proud of your body – It belongs to you no matter what shape, size or color it is and it can do amazing things.
- Accept things about yourself that you cannot change.
- Be proud of other people. – Say the words out loud. “I like the way you do that.” “I’m proud of you.”
- Be proud of your effort instead of the result. Ex: If I study hard for a math test, I can be proud that I worked hard even if I did not get an “A”.

SAY: You know every person is different. People are born and grow in all shapes, sizes, and colors. And they all have their own unique and special characteristics, their own style, and their own preferences, their own things they are good at. My being proud does not mean I should make someone else wrong, so I do not make comparisons based on what someone else has or what they look like. I do not want someone else to feel like they are not good enough by comparing themselves to me. Every person is special and amazing and can feel proud of being themselves.

AFFIRMATION – I am proud of who I am. repeat 4X

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