



TODAY'S TOPIC:
Spirit Animals

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 is my favorite animal?

Lesson

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> • Spirit Animal deck of cards • Or you can do spirit animal quiz online 	<ul style="list-style-type: none"> • 	Know that spiritual wisdom and guidance can come in f the form of an animal.

ASK: What is your favorite animal?

ASK: What is a Spirit Animal? Take all answers.

A Spirit Animal is an animal that brings messages to you from God or Spirit. Why?

- To help you.
- To give you an important idea or message.
- To teach you something.
- To make you feel loved and safe.

ASK: Are Spirit Animals real? Yes, they are real animals you find in the world but no, they are not real like a live wolf or tiger.

ASK: Who can have a Spirit Animal? Everyone and anyone. Does anyone know their Spirit Animal?

ASK: Does each person only have one spirit animal? Yes and no. Yes, you have an animal that will always be your closest Spirit Animal. But you can also have other different one time Spirit Animal Guides that bring you a message for right now.

Personal Example: My Spirit Animal is the otter. But other animals that bring me messages are the hawk and the hummingbird or some new animal.

ASK: Do you choose your Spirit Animal or does your Spirit Animal choose you? Your animal chooses you! It might be an animal that do not know much about or even an animal that you do not like very much. But if you learn your Spirit Animal, you can also learn cool things about that animal.

EXPLAIN: How to find your spirit animal =

- Pay attention – Does the same animal keep showing up in your life or in your dreams? Is there an animal that interests you or that you're scared of? It may be your spirit animal. Be open! Your spirit animal is the one that finds you, not just the animal you want it to be.
- Meditate – Clear your mind, be still, and ask to connect with your spirit animal and see if the same one keeps showing up.
- Dream – Sometimes you will see an animal over and over in your dreams.

ACTIVITY: One good way to connect with a Spirit Animal or Spirit Animal Guide is by using a power deck. A power deck is a deck of cards with different affirmations, pictures, or messages.

- Have each child pull a card. Remind them this is their message for right now from this particular animal. It might be their Spirit Animal, or it is what they need to know right this minute.
- Write down their animal, then have them put the card back in the deck because someone else might have the same animal.
- When finished, you can have them take their card, you can share a picture of the card, you can write down what was on the card, you can have them draw a picture of the card.

AFFIRMATION – I am open to my spirit animal. repeat 4X

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