



Week Eight

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Family Night Adventure #8

The Truth in You

- **Key:** Shine Your Light
- **Concept:** Self-Reflection
- **Workbook:** pages 34-37
- **Sing-Along CD:** Pterodactyl Twist

Family Night Agenda

1. Family Night "Roll" Call
2. Review
3. **Video:** Lesson #8 Shine Your Light
4. Discussion
5. **Activity:** Shine Your Light
6. **Video:** Episode #8 The Truth in You
7. Storytime
8. Review
9. **Leadership Challenge**
Shine Your Light

Activity

- Tug-of-War

Food Idea

Materials

- Candle app on phone
- A mirror

In a Nutshell

Discuss what it means to be truthful to yourself. Demonstrate the light in the darkness. Share how Al-x's reflection is trying to show his real self. Review music. Leadership challenge is to brighten someone's day!



Lesson Eight - Quick View

	ACTIVITY	OBJECTIVE	ACTION
1	Family Night "Roll" Call	Set the tone for your home	Pass out cookies (Family Night Treats), hot cocoa and latte's. Breathe and share week highlights.
2	Review	What have we learned?	All Puffed Up. The difference between pride and humility.
3	Video: Episode #8	Your attitude changes everything	The Truth in You
4	Discussion	How to adjust your attitude. Workbook 34-37	Discuss how to see things from a different perspective.
5	Video: Lesson #8	Shine Your Light	Demonstrate how one light in a room chases away all the darkness.
6	Activity	Shine Your Light	The light in the mirror experiment
7	Storytime	Visual and audio reinforcement	The Truth in You
8	Review	Reinforce concepts	What do we know? What did we learn tonight?
9	Leadership Challenge	Reinforcement and internalization	Leaders are very aware of how their actions affect others. Instead of being focused on yourself, focus on those around you. Do something kind for someone each day this week and brighten up their day.
10	Sing-Along CD	Reinforcement and internalization	<i>Pterodactyl Twist</i>

Lesson Details

1. Family Night “Roll” Call

Enjoy your hot cocoa and cookies

2. Review

What have we learned? Review story and concepts we’ve learned so far.

ADVENTURE THEATER

3. Video: Episode #8

The Truth in You

4. Discussion

Self-Reflection

We have a unique ability to either brighten or dampen someone’s day just by our attitudes. Have you ever been around a happy person? They have a way of making your day just a little happier. Have you ever been around someone with a bad attitude? It’s hard to be happy when you’re with someone who’s grumpy or mad.

Think of your attitude as being like a candle that burns inside of you. The candle is fueled by your attitudes,

which are fueled by your self-esteem. If you don’t know your intrinsic worth, then your self-esteem can be affected by anything and everything that goes on around you. Sometimes we get smelly attitudes that dampen our flame, and instead of brightening the world around us, our attitudes hurt those around us.

Attitudes can reflect peer pressure because sometimes we don’t even know why we’re acting the way we do; we’re just acting like everyone else.

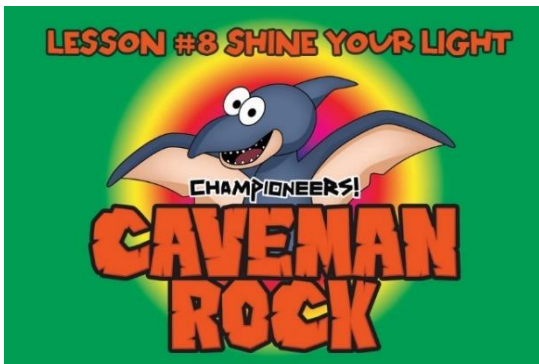
To stop peer pressure and associated attitudes, ask yourself why you are feeling a certain way. Stop and think about how your attitude is affecting others. Are you shining your light or are you putting out the flame in others? When you are in a conflict consider the other person’s point of view. Can you imagine how the other person might feel? Is there anything you could have done differently? Is it possible that there has been a misunderstanding? When you stop and really consider the whole situation, including your part, as well as the other person’s point of view, this is called self-reflection. It helps you see things from a different



perspective. This skill will help you avoid conflicts and solve them more quickly.

LESSON CLICK-CLASS

5. Video: Lesson #8 Shine Your Light



6. Activity Shine Your Light

Have candle app on phone, or use a flashlight. Turn off all the lights and close the blinds. Show how one light can chase away the darkness. Now bring out a mirror, and reflect the light in the mirror. Look at how much light the candle can reflect when there's a mirror. The light is truth that Al-x knows in his heart. He knows what happened at the fishing derby, and he knows his dad is still proud of him no matter what. When he starts to remember truth, it

grows in his heart, and takes away his arrogance and pride.

When the light is placed in front of the mirror it reflects twice as much light. That's what happens when we start to believe in each other and shine our light together!

7. Storytime The Truth in You

8. Review

- What do we know? What did we learn tonight? Review Self-Reflection
- Make a big deal about the next part of the story!

LEADERSHIP CHALLENGE

9. Leadership Challenge Shine Your Light

Great leaders are very aware of how their actions affect others. Instead of being focused on yourself, focus on those around you. Do something kind for someone each day this week and brighten up their day.