4th Grade Session #1 The Support Around You

Opening (5min)
How’s the week? Anything new?

Project (10min)
- What does “support” mean?
- Think about the people in your life: Who supports you?
  (Parents, close family, teachers, neighbors, friends, coaches, or pastors.)
- Write your name in the middle circle below. (Mentor: You make one too!)
- Add the names of support people and those you trust around your name.
- Decorate the circle of the person(s) you’d like to concentrate on developing a relationship.

Process (10min)
- Who are your best/closest friends? What do you like best about them?
- Tell me about/share a time when your friend(s) stepped up and encouraged or discouraged you from making a big mistake?
- How does having other adults influence your life help you?
- Tell me about/share a time when one of these adults helped to positively influence an important decision you’ve made in your life.

Walk Out (5min)
- Look at your circle sheet again, who is one person you would like to know better?
- What is one thing you can do to let him or her know they are important?
  (Mentor: You too!)