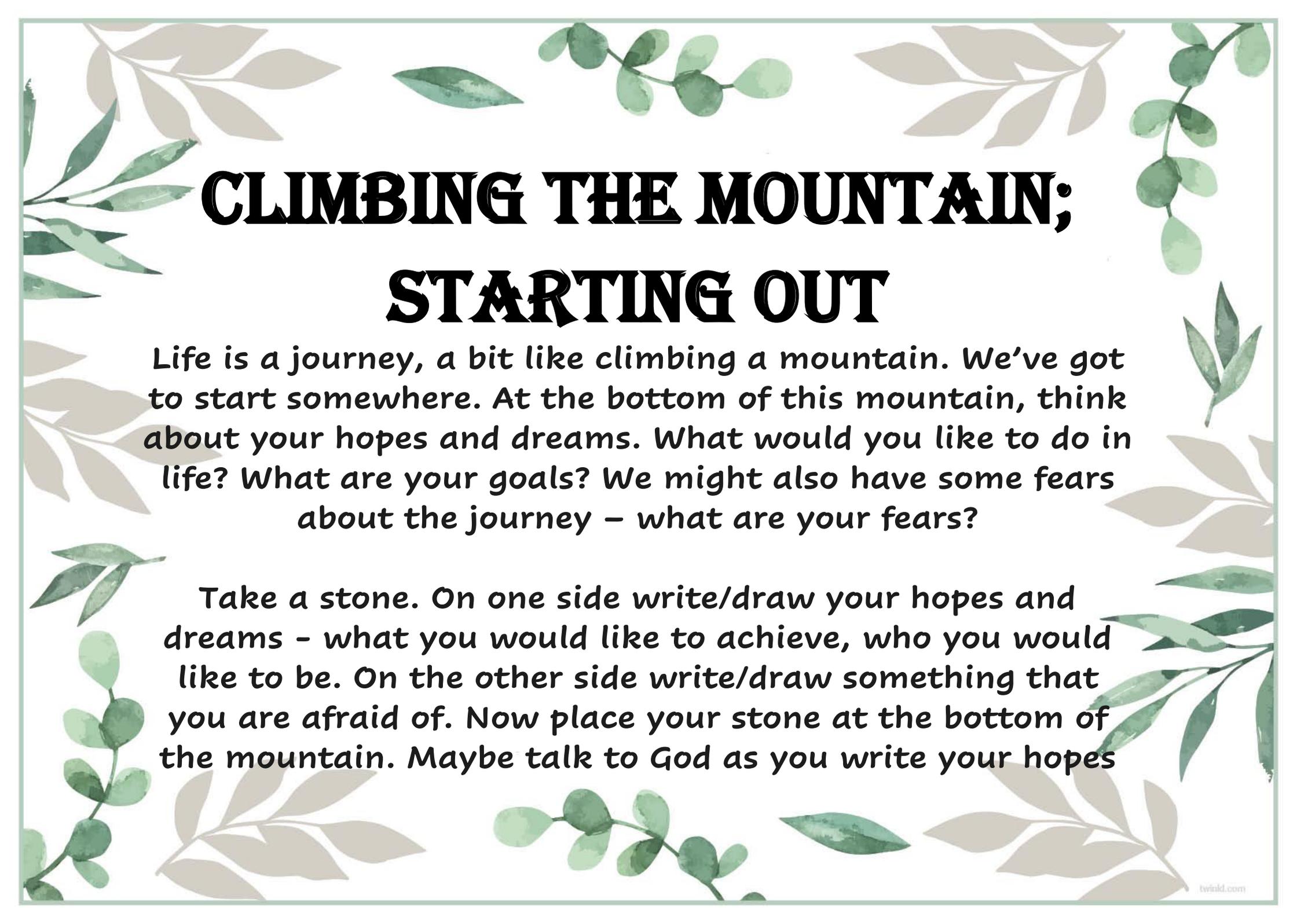


# MY TEAM

Think about your family and friends who love and support you in all your journeys. They are your team!

Use the teddies, paper dolls, toys to represent each person on your team. Say one thing about each person and how they have loved, supported and cheered you on. Don't forget that God is on your team too.

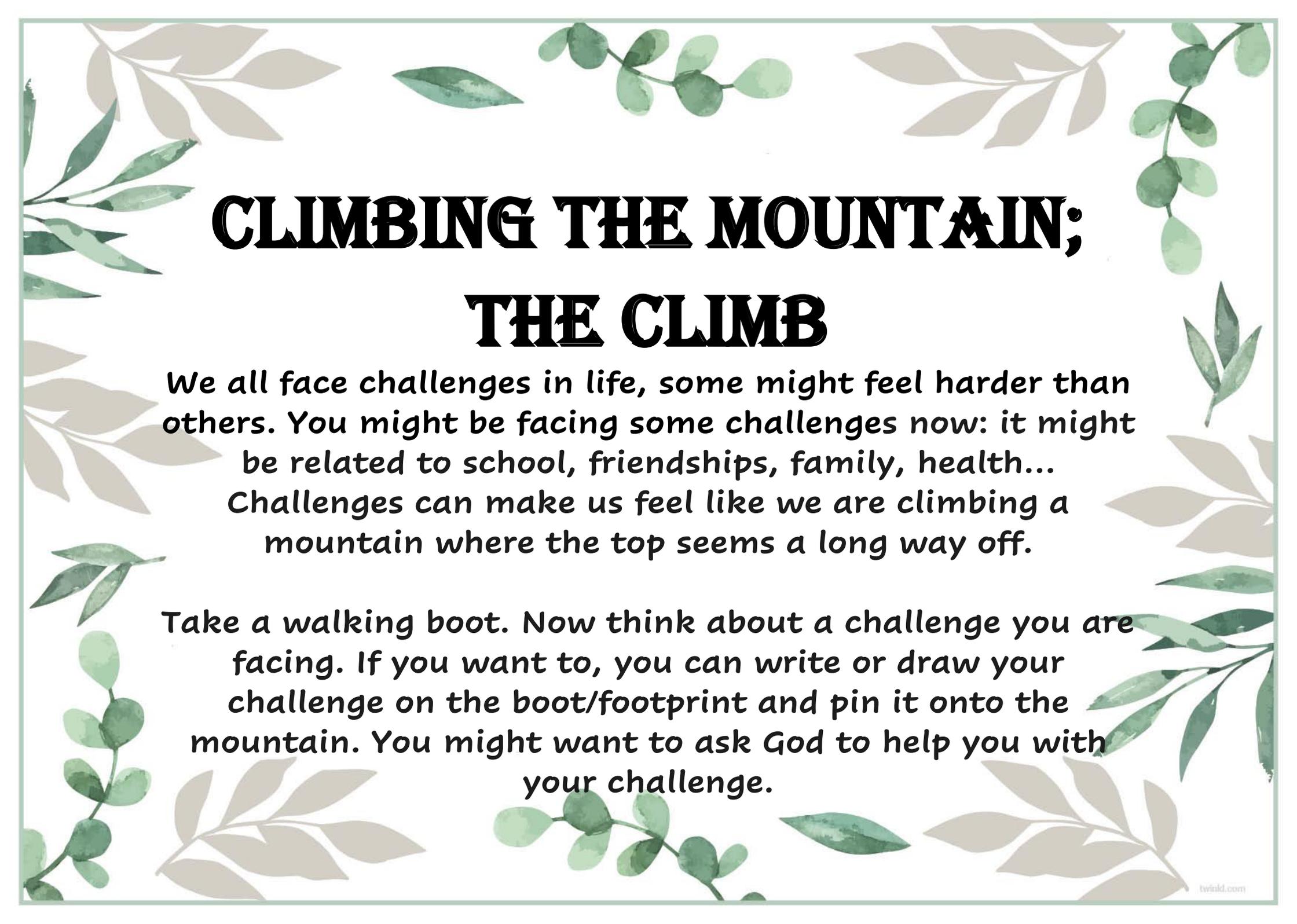
As you choose your team, place them around the bottom of the mountain to show that they are circling your journey and are there ready to catch you when you fall.



# **CLIMBING THE MOUNTAIN; STARTING OUT**

Life is a journey, a bit like climbing a mountain. We've got to start somewhere. At the bottom of this mountain, think about your hopes and dreams. What would you like to do in life? What are your goals? We might also have some fears about the journey – what are your fears?

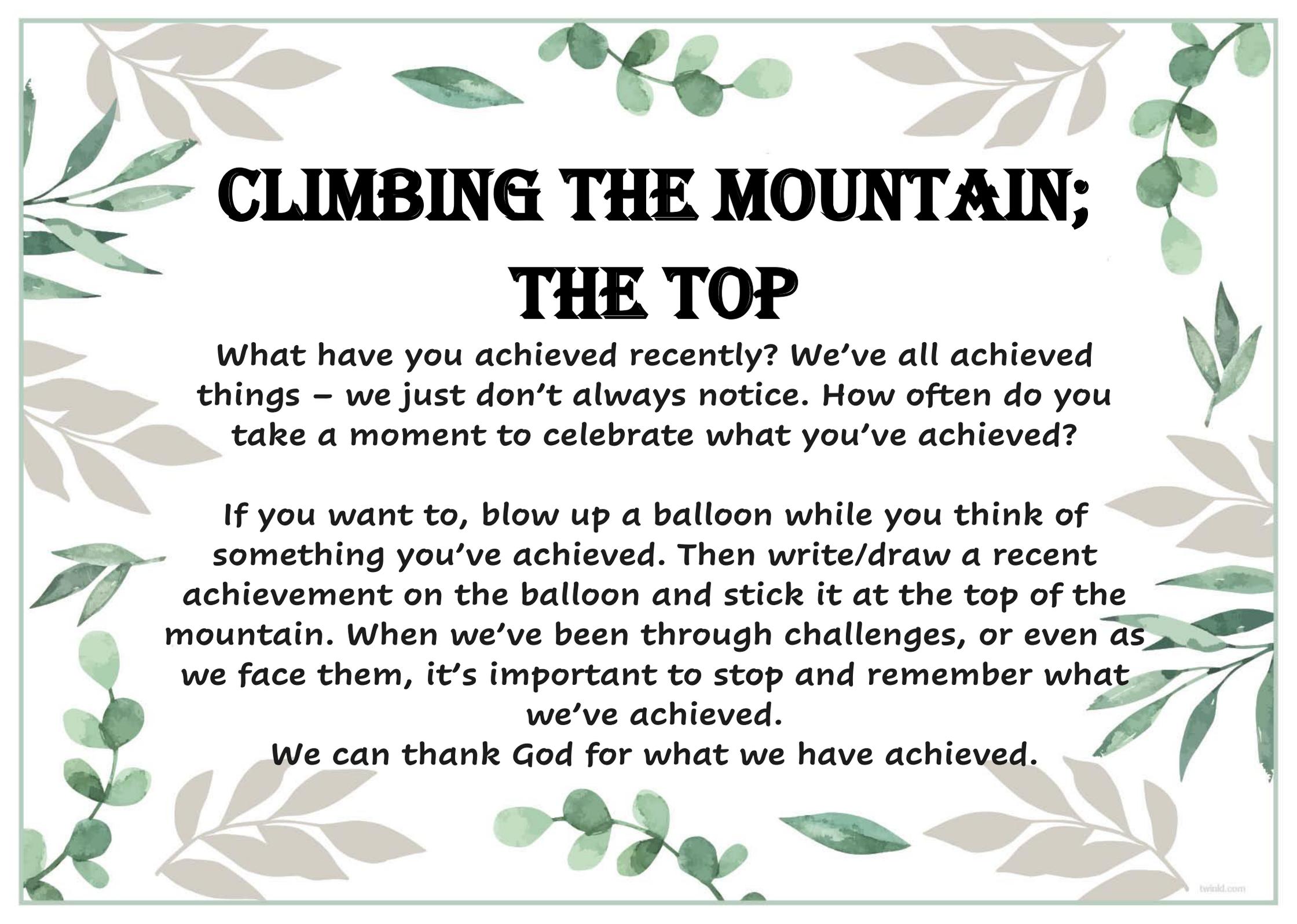
Take a stone. On one side write/draw your hopes and dreams - what you would like to achieve, who you would like to be. On the other side write/draw something that you are afraid of. Now place your stone at the bottom of the mountain. Maybe talk to God as you write your hopes



# **CLIMBING THE MOUNTAIN; THE CLIMB**

**We all face challenges in life, some might feel harder than others. You might be facing some challenges now: it might be related to school, friendships, family, health... Challenges can make us feel like we are climbing a mountain where the top seems a long way off.**

**Take a walking boot. Now think about a challenge you are facing. If you want to, you can write or draw your challenge on the boot/footprint and pin it onto the mountain. You might want to ask God to help you with your challenge.**



# **CLIMBING THE MOUNTAIN; THE TOP**

What have you achieved recently? We've all achieved things – we just don't always notice. How often do you take a moment to celebrate what you've achieved?

If you want to, blow up a balloon while you think of something you've achieved. Then write/draw a recent achievement on the balloon and stick it at the top of the mountain. When we've been through challenges, or even as we face them, it's important to stop and remember what we've achieved.

We can thank God for what we have achieved.