

INFLUENCE

People, places, and things that we spend time with become a part of us. So, it is important to research everything around you and choose wisely where you will spend your time.

Lesson Summary

Teacher: 30 Minutes

This lesson focuses on the power of influence. It can be positive or negative, but both have the power to change your life!! In this lesson, we will explore issues that fight against purpose, like peer pressure, low self-esteem, doubt, anger/resentment, dishonesty, laziness, fear, and negativity.

Define it:

influence is powerful because it doesn't need words, but it can make you do or say things and make decisions you may not want to do. Influence happens when something like a thought, an image, a mindset, or other things enter your mind, and like a little seed, it settles in your brain and takes root there. Influence is like a guest who comes for dinner, sits at your table, and begins to guide you on all the things that are important to you. Influence can be a great advisor to help guide you as you grow and develop. It can also be your worst nightmare, giving you bad and even dangerous advice and guidance that can put your life on the wrong path.

Let's Look At An Example.

Let's say that at your school, you have two groups of kids; you have the kids at school to learn so they can prepare and equip themselves for adulthood. Whether college, a training school, or a job, they recognize that school is a vehicle to get them from point A to point B. Then, some kids have been distracted or influenced by negative forces in life, and these things have caused them to make decisions that are harmful to themselves. You have seen both groups of kids, and now the decision is yours

Let's look and discuss:

Certain factors—in particular, the people, places, and things that surround you daily—play a significant role in determining your life's path. If you focus on using these factors wisely, you can take a more active role in your future instead of letting life just happen. In contrast to positive influences, many issues in your life might also fight against you from achieving your purpose.

These negative influences on your life might range from peer pressure, low self-esteem, doubt, anger, resentment, dishonesty, laziness, fear, and negativity. If we believe negative thoughts or hurtful words said by others, unfortunately, those things can start to become a part of us.

- You influence others by your actions, but they also influence you.
- Make a conscious choice on who or what you allow to influence you and your decisions in life and take an active role in your future.
- Instead of continually letting negative people or situations control you and your feelings, choose to seek out positive influences and spend time in those positive situations instead.



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Video and Discussion: What's in Your Cup? – 10-15 Minutes

Optional Activity

Role Play - Pick student(s) to role play this scenario:

A group of little kids is facing the wall all day long every Saturday for an entire year while everyone else in the house goes about daily life (chores, talking, eating, watching TV, sports, reading, video games, etc.)

How do you think those kids will be different from the other people in the family? Explore this in the discussion. Let the students produce other scenarios as well, such as one person watching TV all day, sleeping all day, eating all day, etc.

***Gently introduce scenarios that occur today (i.e., playing video games all day, negative music artists, TV shows, horror shows).**



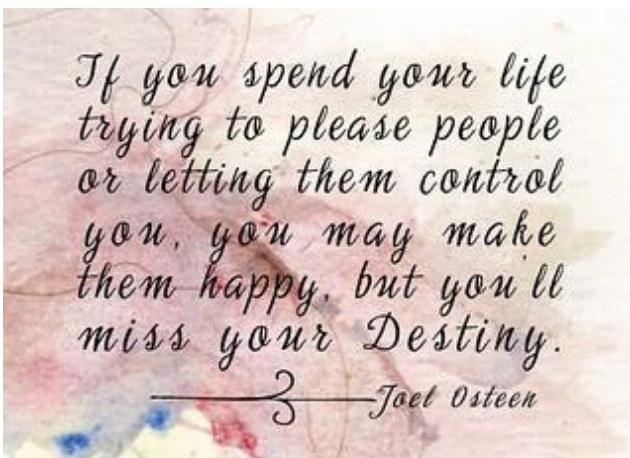


People, places, and things that spend time with become a part of us. So, it is important to research everything around you and choose wisely where you will spend your time.

Reflect and write down the major influences in your life (people, places, things, or feelings).

What are three things that influence you? (Example: TV shows, celebrities)

Who are the top three people you're spending time with?



After you complete this assignment, take it home to remind yourself.