



**PLANT A SEED**  
Children's Partnership

# I AM IN CONTROL

I have control over what I say, think, and do!

## Goals

- Identity starts with understanding that I have control over some things in my life.

Relate what plants need to what I need to grow.



## Tools

- Leaves from Lesson 1



Chalkboard: There is a process that plants and trees go through and we have a very similar process.

They need good soil and you can compare the soil a plant needs to a good positive environment that we need! Most Plants and trees need water and light to grow. Humans need water and light too! But you can also compare that to healthy food, healthy words and healthy people

Teacher: Please write "SOIL" on the board

## Guided Instruction

There is a process that plants and trees go through to start growing. We need soil- that is a good positive environment to grow! (Teacher writes soil on the board).

We cannot control where we live when we are kids so let's talk about things that we can control:

What Can You Control?

1. We can control what we choose to think about
2. We can control what we choose to say
3. We can control what we choose to do

We Have Control Over How We Act!!

Let's Look at the Process of how a seed grows into a plant.

## PLANTING SEED PROCESS





## Activity 1: Think, Say, Do

Put all the leaves from lesson 2 in a bucket and choose a student

(suggestion: choose a student who is usually quiet and ask an “A” student to assist them)

Have the two students go around the room and allow a student to pull a leaf out of the bucket. Discuss how the topic has to do with one of the three ways we can control ourselves.

## Activity 2: Pass out In Class Assignment



I have control over what I say, think, and do!!



# Overcomer Kids In-Class Assignment

I have control over what I say, think, and do!!

**In complete sentences, write down three things that you can control.**

**I can control** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**In complete sentences write down the most important person in your life and why. The most important person in my life is** \_\_\_\_\_

**because** \_\_\_\_\_

\_\_\_\_\_

**3. Draw a picture of the seed process**