



**PLANT A SEED**  
Children's Partnership

# I AM COMPLETE

The difference is in the ingredients and in the time!!

## Goals

- Compare the ingredients that go into baking a cake with the ingredients that go into making you!!

## Tools

- Cardboard box for each student and decorations to make it look like a cake
- Pencils, Markers, tape and index cards
- "What's in your bowl"



Chalkboard: Let's imagine that today you or a family member are getting ready to make a cake. Making a cake can be a very long process, or it can be fast. Do you know what makes the difference?



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Guided Instruction:

Let's imagine that today you or a family member are getting ready to make a cake. Do you know what makes the difference? (Let the class discuss their thoughts and write down their answers in the review section so you will remember them for review time.)

If you grabbed a quick cake mix from the grocery store, it might only take a few minutes to get that cake in the oven!! Because most of the ingredients are already in the box...all you have to do is add water, oil, and maybe an egg or two!

When you make a homemade cake, it takes more time because you have to not only add all the ingredients, but you also have to prepare the ingredients too.

The flour will need to be prepared (sifted). The eggs and the butter must be blended first...then the sugar.... it's a long process, but....

The finished product is **WONDERFUL!!**

**Leaving out even one ingredient**, even if it is a minor ingredient or even if the amount of the ingredient is small, can destroy the finished product!

Every ingredient plays a specific part in making sure the cake looks and tastes great.

## Activity 1: Cardboard Cake

This activity is making a cake out of cardboard boxes. Each student gets a box to decorate and puts one positive word that defines them on it. The teacher has the base for the cake, and everyone gets a chance to decorate their part and then bring it to the center table for group cake-making activity (Showcase art exhibit #1)

Activity 2: Compare the ingredients that go into baking a cake with the ingredients that go into making you!!

What's in your bowl? Printout

Mind – in the head, what you think about

Soul – how you feel

Body - your actions, what you do

## Overcomer Kids In-class Assignment

The teacher directs students to use the diagram to create a self-portrait (this will be used for the class, so direct them to use a pencil and take their time).



# Overcomer Kids In-Class Assignment

We're all made up of a lot of ingredients.

The cool thing is your going to learn more about the ingredients that make you who you are, so don't try to figure them all out now.

Think about what you like to do, what you don't like to do, what you like about yourself, and what you don't like about yourself. As you continue to build your list, think about what you put down. Maybe spend a little more time thinking about why you put down things you don't like about yourself (if any).

The truth is we were all made the way we are for a reason! Instead of thinking about things you would change, think about how these things can be used to make friends, help people, make people laugh, and more.



We were all made with specific ingredients for a reason!!

Answer the following questions (have students write or discuss)

What did we talk about today?

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What is one ingredient that is a part of you?

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# What's in your bowl?

**Mind** – in the head, what you think about

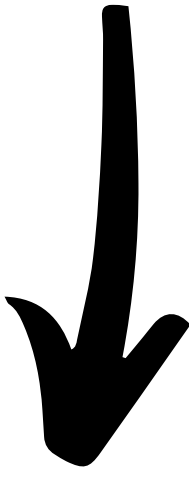
**Soul** – how you feel

**Body** - your actions, what you do

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**You have all the ingredients in life to bake your cake. So bake your cake!**