

Topic: Humility
Strand: Love of Self/ Love of Others/ Love of God
Age: 9+
Aim: To inform the children about humility, its importance and help them discover ways to appropriately and safely express their emotions
Resources: Processing room, Pillows, Punching bag, Picture of pressure cooker (see below)

Introduce the topic: Humility

- What does it mean to be humble?

It is true that a lot of people think being humble means to not tell others what you are good at etc. While a humble person would not brag, they would still be honest about what they are good at. There is much more to humility however. Feeling all our feelings when they come up and seeing ourselves as God sees us are a big part of humility .

Teaching: Humans are emotional beings.

- Who knows what an emotion is?

When we look at babies or young toddlers, it is obvious that they don't try to hide their feelings or pretend they are happy when they are not. When they are angry, everyone around them will know about it. When they are sad, they have a big cry and when they are happy, their whole face and body shows it. This is how we were designed to be. It was never intended that we hide our emotions or stuff them down, pretend they don't exist or otherwise avoid them. However, no matter what we do to avoid our emotions, it is always only a temporary fix, like a plaster. The emotion will still be underneath, just waiting for the next opportunity to pop up again to remind us that we haven't dealt with it yet. And it won't leave us until we have experienced and released that emotion to its full extent. All emotions are ok to have, even the ones that don't feel nice. They are only feelings. When you express emotions without hurting anyone, the feeling leaves your body.

Science: (Look at the pressure cooker photo together.)

- Who knows what this is?
- How does it work?

Explain about water, steam and pressure.

Demonstration: (Draw a bottle on the board) Our soul is like a container. Inside it are, among other things, our emotions, passions, desires and memories. Every time we feel hurt, we experience physical or emotional pain. When we allow the painful emotion, it can flow through us and leave our being. Whenever we shut down the emotion instead of feeling it, it gets stored in the soul. While this emotion is in our

soul, we are going to act upon it, take unloving actions because of it and we are going to attract things into our life that will trigger that emotion to give us another opportunity to feel it. This will keep happening until we release the feeling by experiencing it.

Conversation:

- How can you express
 - happiness? Try laughing out loud, singing, skipping, jumping around happily
 - sadness? In a place where you feel safe, allow your tears to flow
 - anger? Try screaming into a pillow, punch the bag, silent scream
 - fear? In a safe place, breathe deeply into your stomach. You may shake, scream or your muscles might tighten up.

Introducing the processing room

(Visit the **processing room** [if there is one available at your school] and explain the purpose of it. Make sure all students understand that processing their emotions is a sign of humility, strength and courage and that bullying of any kind towards someone who works through their emotions at school, is unloving.)

Please explain the rules of usage clearly:

- Strictly one student at a time
- It is encouraged to express all emotions
- Breaking things (other than the specific material provided for this purpose) is prohibited
- For screaming, please use the pillows
- Stay as long as you need
- Leave the room as you found it
- Do you have any questions or comments about the processing room?

Conclusion: Some people feel uncomfortable when others express their emotions. If your parents are like that and you have a strong emotion that you would like to feel, find a safe place (maybe your room) and let your emotions out silently. Feelings are not meant to stay stuck in your soul. It is best for you and everyone around you if you release them. God has made you capable of feeling all emotions.

Humility Photo



