

SELF AWARENESS
12TH GRADE

48 Hour Fantasy, *continued*

- IV. Have the students talk about their findings in small groups and then ask for volunteers to respond to one category fully. For example, my dream career is to be a talk show host,
1. it seems realistic given my talent for speaking up and my interest in media.
 2. yes it is in my best interest because I could make much money and become famous.
 3. I could look into a good college and make sure I can meet the requirements.
 4. Maybe a college counselor can help me.

READING: *Matthew 6:25-34* TRUST IN PROVIDENCE

That is why I am telling you not to worry about your life and what you are to eat, nor about your body and what you are to wear. Surely life is more than food, and the body more than clothing! Look at the birds in the sky. They do not sow or reap or gather into barns; yet your heavenly Father feeds them. Are you not worth much more than they are? Can any of you, however much you worry, add one single cubit to your span of life? And why worry about clothing? Think of the flower growing in the fields; they never have to work or spin; yet I assure you that not even Solomon in all his royal robes was clothed like one of these. Now if that is how God clothes the wild flowers growing in the field which are there today and thrown into the furnace tomorrow, will he not much more look after you, you who have so little faith? So do not worry, do not say, *What are we to eat? What are we to drink? What are we to wear?* It is the gentiles who set their hearts on all these things. Your heavenly Father knows you need them all. Set your hearts on his kingdom first, and on God's saving justice, and all these other things will be given you as well. So do not worry about tomorrow: Tomorrow will take care of itself. Each day has enough trouble of its own.

. WRAP-UP: Ask the question: *What do my hopes and dreams say about me? Is this the "me" I should aspire to be?*

SELF-AWARENESS 12TH GRADE

TOPIC: A 48 Hour Fantasy

OBJECTIVE: to help the students realize what they really value in life

MATERIALS: paper and pencils.

RITUAL QUESTION/EXERCISE: Ask students to project themselves in to the future, any time from tomorrow to several years from now, and imagine two days that would be ideal for you. Imagine 48 hours of what for them would be the best possible use of that period of time. They can fantasize whatever they want: the only limit of time is 48 hours.

Ask them to write or think about their perfect, ideal two days. Ask them to talk about where they would be, what they would be doing, who else might be there, and so on. Tell them to go into as much detail as they can picture in their fantasy--smells, sounds, the weather, if they play a part in their fantasy.

After all the students have written or thought about their two ideal days, the teacher can ask for volunteers or divide the class into small groups in which students share their ideal days.

II. Then introduce the notion of fantasy verses reality: Ask the question-- *What determines whether one's dreams or fantasies become reality?* Write down their responses on the board: After getting their responses, be sure to introduce the notions of Planning, Goal Setting, Hard Work, Doing instead of waiting for certain things to happen as ways of making one's vision turn into reality.

III. Now have the students write out their answers to the following questions:

1. My dream career would be?
2. My dream relationship would consist of what three characteristics?
3. The three qualities that I would like to develop in myself?
4. One experience that I am dying to have?

After they write down their answers then have them answer the following questions based on their previous responses?

1. How realistic are your Hopes?
2. Are these dreams truly in your best interest?
3. What concrete things can I begin today to begin to realize my goal?
4. Who or what organization can best assist me in my goals?