



10-14s meet real life head on

GB@home



Switch on: the real life of 10-14s

GB is often referred to by 10-14s as a 'safe place to be'. Explore the theme belonging and how to help those who don't feel they belong.

Pause: what do you belong to?

Ask your 10-14s to answer this question. They may mention sports teams, dance clubs, church and hopefully GB. They may also mention school, work teams, parents and Jesus. If they're feeling creative, they could create a collage showing all the different ways that they belong.

Rewind: how does it feel to not belong?

Give your child two sheets of paper. Get them to write on one: 'I feel I belong when...' And write on the other: 'I feel I don't belong when...' There are times when we may feel lonely and that we don't belong, even if there are lots of people around e.g. at a party.

Reflect on ways that other children may not feel like they belong. How can you use your words and actions to help other children feel that they belong?

Switch off: connect

As a member of Girls' Brigade, you belong to a global family which stretches across the world! Get to know your GB sisters by checking out the Girls' Brigade Worldwide website: www.gbworldwide.org

Fast forward: belonging to God

Look up Bible passages that tell us about belonging to God, such as:

Isaiah Ch.43:1 – 'I have called you by name, you are mine.'

John Ch.10:27-28 – 'My sheep listen to my voice; I know them, and they follow me... no one can snatch them away from me.'

Psalms 139:5 – 'You are all around me on every side; you protect me with your power.'

Isaiah Chapter 43 is an incredible affirmation from God demonstrating that He loves and cares for us. Give your child a piece of paper or card and ask them to draw around their hand. Write one of the above Bible verses on the palm. Get them to decorate it and cut it out. Display it somewhere so that it can remind them that they're part of God's family.

