

KID'S

ministry



Community of Christ

STRENGTH IN VULNERABILITY - Activities

PURPOSE:

- Define vulnerability
- Identify the necessity of vulnerability in society
- Get to know each other better
- Identify ways that vulnerability is a strength

ACTIVITY	TIME (ESTIMATES)	RESOURCES
Section 1: What is Vulnerability	5 minutes	
Section 2: Where is Vulnerability?	20 minutes	Option 1: 'Vulnerability's Part In...' worksheet (appendix) Option 2: Modified 'Vulnerability's Part In...' worksheet (appendix) Option 3: 'Discussion Cards' (appendix)
Section 3: Being Vulnerable	15 minutes	Option 1: Chairs Option 2: Statements (appendix)
Section 4: Mandalas	15 minutes	Colouring pencils, 'Mandala' Sheets (appendix)
Section 5: Vulnerability as a Strength	5 minutes	
Section 6: Conclusion	5 minutes	

LEADING INSTRUCTIONS:

Read through materials before you start and ensure that everything is printed, and activities prepared ahead of time

Parts in bold are to tell or ask the group or children. Some answers are provided in case the group doesn't get there

Italics is instruction for the leader

Several activities have variations, do what is best for your group



Section 1

WHAT IS VULNERABILITY?

DISCUSSION:

1. WHAT IS VULNERABILITY?

Quality or state of being exposed to the possibility of being attacked or harmed, either physically or emotionally. Letting people see who you really are.

2. HOW IS IT SEEN AS A WEAKNESS?

Might get hurt, leads to shame, fear, anxiety, uncertainty and embarrassment. You could look foolish.

3. HOW CAN VULNERABILITY BE SEEN AS A STRENGTH?



Section 2

WHERE IS VULNERABILITY?

Vulnerability is a very important part of many aspects of our society. For example, if we look at how vulnerability play a part in courage. Courage is the ability to do something that frightens one. Few things frighten us more than being hurt. Therefore, any act of courage is also an act of vulnerability.

ACTIVITY:

To identify the ways in which vulnerability plays a role in many different aspects of society.

Option 1: Complete the worksheet identifying the ways in which vulnerability plays a part in different aspects of society (appendix).

Option 2: For younger groups this is a smaller list than Option 1 (appendix).

Option 3: Distribute the aspect cards, to small groups (2 or 3). Discuss how vulnerability is a required component of these aspects. Get each group to share two of their aspects and answers with the group (appendix).



Section 3

BEING VULNERABLE

ACTIVITY:

Being vulnerable is needed to form true connection with others. It is required to let them see who you really are.

Option 1: Game: “If you really knew me, you would know that...”

Everyone sits in a circle, on a chair. There is one less chair than number of people. The person without a chair stands in the middle and says “if you really knew me you would know that...” finishing the sentence with something true about themselves. Eg. “If you really knew me you would know I have a cat, love to dance, am in grade 3.” Anyone else that has/feels/is the same needs to swap seats with other free seats. Not the chair directly beside theirs. The person who doesn’t get a seat starts the game again with a statement.

Option 2: Activity: “Walk the Line”

Set up a line in the middle of the space. Split the group in two groups, divide on both sides of the line. Get everyone to stand five steps back from the line. Read statements and get people to walk to the line if it is true in their life. They will need to be vulnerable with the group to be honest. This activity is done in silence. (Statements in appendix)

DISCUSSION (OPTION 2):

- 1. WERE THERE ANY QUESTIONS THAT MADE YOU PARTICULARLY UNCOMFORTABLE?**
- 2. DID YOU FEEL LIKE YOU WERE BEING VULNERABLE TO ANSWER HONESTLY?**

Section 4

MANDALAS

ACTIVITY:

Colour the mandala. As the group is colouring complete the discussion questions, giving everyone a chance to answer. While people are sharing encourage the group to engage in active listening.

Mandalas are circular in design symbolizing the idea that life is never ending and that everything is connected. These Mandala's have four major sections. They represent the self, friends, school or work and home. Appendix.

DISCUSSION:

- 1. WHICH SHAPES DID YOU DESIGNATE TO REPRESENT SELF, FRIENDS, SCHOOL/WORK OR HOME? WHY?**
- 2. WHY DID YOU CHOOSE THE COLOUR YOU DID TO REPRESENT THAT ASPECT OF LIFE?**

Section 5

VULNERABILITY AS A STRENGTH

Remembering that you cannot have courage without vulnerability. Courage is uncertainty, risk or emotional exposure. Meaning anytime you see courage you also see vulnerability.

DISCUSSION:

Option 1:**1. HOW DO THESE SITUATIONS SHOW VULNERABILITY AS A STRENGTH?**

Below is a number of examples you might need to give 3 or 4 to get the group started

Answering a hard/unknown question in class

Being a fire fighter

When an artist creates anything new

Saying no or standing up for oneself

Asking for help

Calling a friend who is suffering major trauma (death of a family member)

Falling in love

Exercising in public- especially when you don't know what you are doing, or feel out of shape

Admitting when you are afraid

Dancing in public

Standing up for a minority or someone being bullied

Identifying as and sharing with others being LGBTQ+

Starting something new (joining a beginner's class)

Telling a teacher when you don't understand

Option 2:

1. WHERE HAVE YOU SEEN VULNERABILITY AS A STRENGTH?

Might need to use some of the above as examples to get the group started.



Section 6

CONCLUSION

“Embracing our vulnerability is risky but not really as dangerous as giving up on love and belonging and joy- the experiences that make us the most vulnerable. Only when we are brave enough to explore the darkness will we discover the infinite power of light.” -Brené Brown

DISCUSSION:

1. HOW CAN YOU SHOW VULNERABILITY THIS WEEK?

CLOSE IN PRAYER:

God of Courage,

Give us the strength to be vulnerable. To let others in and see who we really are, who you created us to be. Allow us to connect with others in our family, friends, school, church and all other aspects of our lives. That we might be able to create places of belonging, not just for ourselves but for others. So that they too feel loved and connected. That they might be able to follow our example and be vulnerable and really connect with people in their lives. We thank you for the opportunities you provide in our lives to let others see our true selves and to let your love shine through.

Amen

VULNERABILITY'S PART IN...

Vulnerability is the *quality or state of being exposed to the possibility of being attacked or harmed, either physically or emotionally. Letting people see who you really are.*

How does vulnerability play a part in...

Courage- Courage is the ability to do something that frightens one. Few things frighten us more than being hurt. Therefore, any act of courage is also an act of vulnerability.

Love-

Belonging-

Joy-

Empathy-

Trust-

Creativity-

Innovation-

Accountability-

Hard conversations-

Honest feedback-

Problem solving-

Ethical decision making-

Authenticity-

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***Love-**

***Trust-**

***Creativity-**

***Hard conversations-**

***Ethical decision making-**

DISCUSSION CARDS

Vulnerability is the quality or state of being exposed to the possibility of being attacked or harmed, either physically or emotionally. Letting people see who you really are.

Cut the cards below apart to share amongst small groups to discuss the role vulnerability plays in each attribute.

Love	Belonging
Empathy	Trust
Innovation	Accountability
Honest Feedback	Joy
Problem Solving	Ethical Decision Making
Creativity	Hard Conversations
Authenticity	Courage

STATEMENTS:

Walk to the line if you....

Played/s in a school sports team

Got/get picked on in school

Was/are a school leader

Been sent out of a class

Been suspended from school

Were rejected from a friendship group

Had/have grandparents born outside of Australia

Were/are part of a school group or club

Visited a country that doesn't speak English

Have/had an eating disorder/problem

Have a learning challenge

Have a step parent

Could identify 5 really good friends in your life

Take medication on a daily basis for health reasons

Have caught oneself judging someone before even meeting them

Remember a moment, more than a year ago, of being really embarrassed

Have been afraid of others based solely on the way they look

Have raised-grown-killed food for my consumption

Have had someone close die

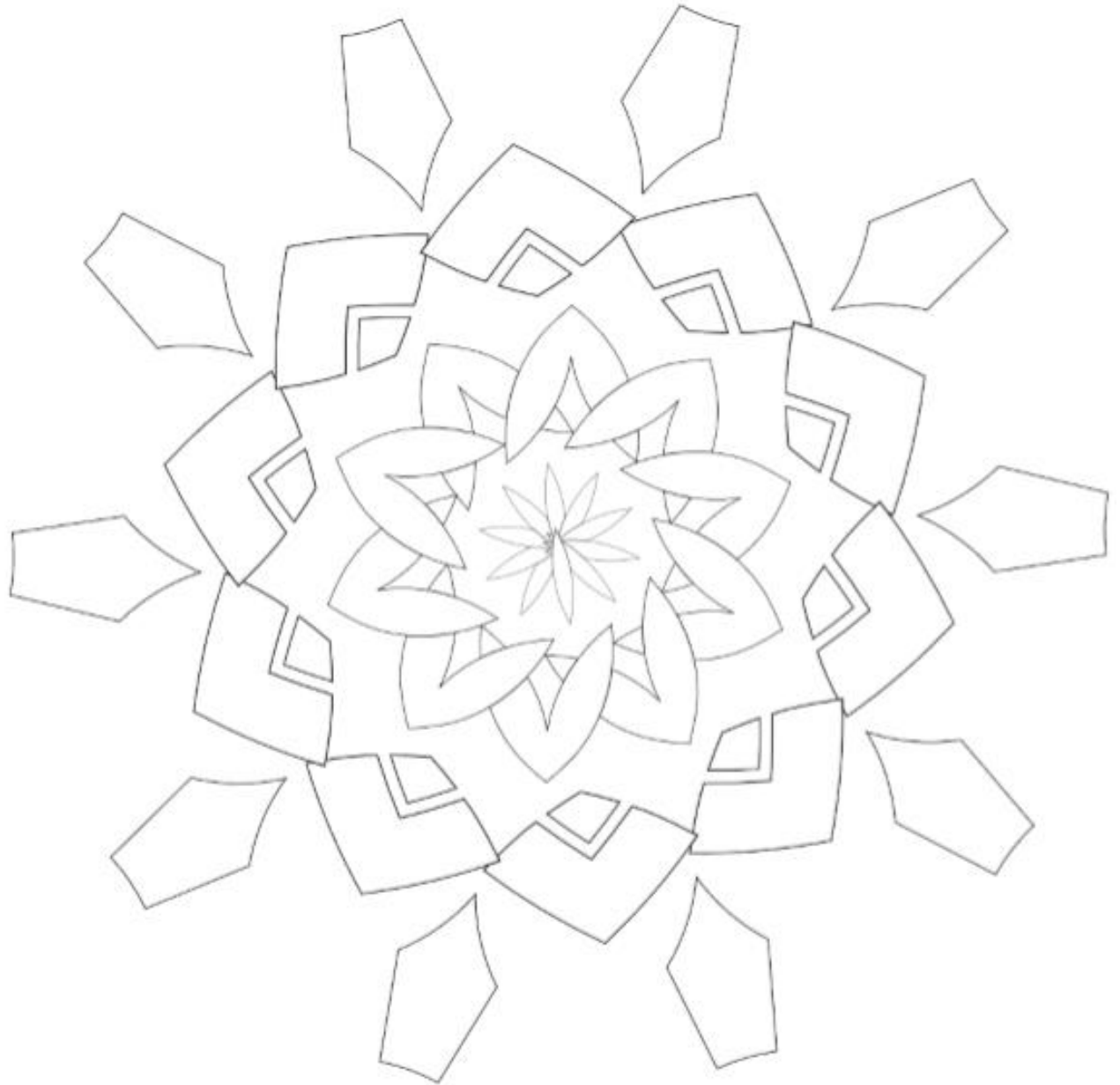
Have a friend or family member, or I have thought about or attempted suicide

Have someone that I love effected by alcoholism

Failed terribly at something

MANDALA

There are four major shapes in this mandala; these represent self, friends, school and home.



ANSWERS VULNERABILITY'S PART IN...

(OPTION 1)

Vulnerability is the *quality or state of being exposed to the possibility of being attacked or harmed, either physically or emotionally. Letting people see who you really are.*

How does vulnerability play a part in...

Courage- is the ability to do something that frightens one. Few things frighten us more than being hurt. Therefore, any act of courage is also an act of vulnerability.

Love-*Requires letting others close enough to really see who you are. Vulnerability is the risk of them not liking it.*

Belonging-*Requires letting others close enough to really see who you are. Vulnerability is the risk of them not liking it.*

Joy-*Truly being happy in life. Vulnerability is in the fear of everything that could go wrong on the strive to happiness and how easily one could lose that joy.*

Empathy- *Is allowing yourself to feel the same as another. This requires vulnerability to be open to someone else's pain or connect to those painful experiences within our own journey.*

Trust-*Giving others the power to hurt us.*

Creativity-*Trying something new, something that has never been done before, the risk of failing and looking foolish.*

Innovation- *Trying something new, something that has never been done before, the risk of failing and looking foolish.*

Accountability-*Can lead to shame at honestly looking at our own actions, motivations and how they affect others. Could turn others against us because of what we have done.*

Hard conversations-Need to be open with ourselves and others.

Honest feedback-*Risks the chance that others will not receive it well and hold it against us.*

Problem solving-*Creative thinking, trying things that have not been tried before could fail.*

Ethical decision making-*Often going against the standard. Making it harder for us to belong.*

Authenticity- *Requires truly being oneself and sharing that with others.*

ANSWERS VULNERABILITY'S PART IN...

(OPTION 2)

Vulnerability is the *quality or state of being exposed to the possibility of being attacked or harmed, either physically or emotionally. Letting people see who you really are.*

How does vulnerability play a part in...

Courage- is the ability to do something that frightens one. Few things frighten us more than being hurt. Therefore, any act of courage is also an act of vulnerability.

Love-*Requires letting others close enough to really see who you are. Vulnerability is the risk of them not liking it.*

Trust-*Giving others the power to hurt us.*

Creativity-*Trying something new, something that has never been done before, the risk of failing and looking foolish.*

Hard conversations-Need to be open with ourselves and others.

Ethical decision making-*Often going against the standard. Making it harder for us to belong.*