Small Group Ministry

Group Session Plan – Parents, Adolescents

**Attitude**

**Materials Needed**

Journal, Chalice

Pipe cleaners

**Opening Words:** Invite folks to get comfortable, relaxed and prepared for these profound words for our opening:

“Shut up!”

“No you shut up!”

**Chalice Lighting:** As Unitarian Universalists we accept that sometimes the spirit moves each of us in diverse and mysterious ways.

**Check in:** This is a time to briefly share how you are doing today, in order to free yourself to be present here. This is a time to listen with full attention to each other and accept each person’s sharing in silence.

**Topic/Activity:** A lot of teen-age life is about attitude. That could be ATTITUDE all in CAPS, or attitude all sad and hunched over. So how do we cope? How do we even figure it out? How do we mediate our own attitudes in response?

Before you answer, to give you time to think, please take a bunch of pipe cleaners and create a sculptural representation of your teen with the attitude you most encounter. Then we will share what we discover in the process.

**Check-out/Likes and Wishes**: How was the session for you?

**Closing:**

God grant me the serenity

to accept the things I cannot change;

courage to change the things I can;

and wisdom to know the difference.

 *--Reinhold Niebuhr*

*Parenting Adolescents,* Karen Fisk, Unitarian Universalist Community Church, Augusta, ME

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