

New Beginnings

Theme

New Year, new starts, new opportunities, the future...

Plan

1. GAME: Pictionary

Resources: A whiteboard, dry-wipe pen, board cloth, prize

Invite volunteers to play the game. One student needs to be the 'draw-er' whilst the other/rest guess what they're drawing. Explain the objective: to guess the new year's resolution. Set a time limit of about 2 minutes – can they guess all ten in that time to win the prize?

Ideas: sweets, cigarettes, beer, junk food, wine, late nights, TV, facebook, shopping, fizzy drinks.

OR

1a. GAME: Catchphrase

Resources: CD player, cheesy music, appropriate props of your choice.

Invite a couple of volunteers to play 'Catchphrase'. All the phrases are associated with making a new start.

Nominate a couple of team members to be 'Mr Chips' and mime these catchphrases for the players to guess. Some suggestions are below...

1. Turning over a new leaf (e.g. one person is dressed as in green/as a leaf – walks on waving, lies down. Mr Chips enters and rolls them over...)
2. Kicking the habit (e.g. one for the teachers! Mr Chips enters dressed as a nun. He takes off the headdress and kicks it across the stage...)
3. Wiping the slate clean
4. Draw a line under something
5. Drawing on a blank canvas

2. STORY: A new beginning

Share an appropriate story from your own life about a choice you made to make a change or start again.

3. TALK: A new year

'New Year' is quite an important time for a lot of people. Often, it's a time to reflect on some of the events of the previous year – for good and for bad – and think about making a change. None of us seems immune from this tendency. Look in magazines and you'll see help for keeping the inevitable 'New Year's Resolutions' – whether it's giving up junk food, TV or annoying your sister!

Actually, we've always got the opportunity to make a new start - to take advantage of a second chance.

What's past is past. Every day is a new beginning. Nothing is set in stone about how you act, who you spend time with or the way people see you. You have the potential to be whatever you want to be. If you love space you could become an astronaut, but you will have to work very hard for that. If you are unhappy with the state that the world is in, why not set your goal to change the world? It only takes one person to make a massive difference and that could be you.

We can all make a change – though sometimes we may need some help with the task ahead! Christians believe that God is always with us, helping us to become better people and do the things that he's asked us to do. There's a verse in the Bible which is great for motivating you when you feel like something is too big or too hard: Philippians 4:13 – "I can do all things through [God] who gives me strength."

So at the beginning of this year, take a moment to reflect. Who would you like to become? What would you like to do? The future's bright, and it's yours for the taking!

Required Resources

Whiteboard/pens/cloth

**For additional materials and updates to this resource, please visit
<http://www.yfcschoolsresources.co.uk/node/341>**