

GET OUT OF YOUR HEAD

tool kit 





A Note from Jennie

It is time for us to help the kids in our lives combat spiraling, toxic thoughts with truth! Just this simple interruption 'I have a choice!' could change the course of their lives.

We hope this tool kit leads to deep and meaningful conversations with your kids. We've stripped down some of our most helpful tools, but we want you to be the guide.

Here is where it begins: start with a conversation. Tell your kids that over the next week or two you want to talk about what's going on in their heads. Take it at your own pace...do the tools alongside them. When we go first, our kids will watch and listen.

This is important work, because the way we think shapes how we live. What a privilege that we can give our kids these tools at a young age, to use the rest of their lives. I can't wait to hear about the conversations you have!

I'm cheering you on!

Jennie

Tool Kit Contents

The Mind Map - Page 4

The Thought Chart - Page 8

The Friend Guide - Page 11

Convo Cards - Page 21

Fighter Verses - Page 22

the mind map

What are you thinking about?



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HOW TO USE YOUR MIND MAP

STEP ONE:

In the center of a blank page, write down the one word you're feeling right now. It could be good or bad.

You might write anxious.

Or happy.

Overwhelmed.

Angry.

Afraid.

Whatever it is, write it down. Now draw a big circle around that word.

Around that large circle, write everything you can think of that might make you feel that way. You might write "School" or "Chores" or "Friends" or "Sports". Draw a smaller circle around each of these words; then trace a line from each of them, connecting them to the large one.

Keep going until you have run out of thoughts in your head! There is an example Mind Map on the next page and a blank page for you on page 7!

STEP TWO:

Talk to God about it. Pray with your paper in front of you and talk through each thing you've written down. Tell Him about it. Pray that He would show you what you might be believing about Him!

NOT ONLY CAN OUR
THOUGHTS BE CHANGED,
BUT WE CAN BE THE ONES
TO CHANGE THEM!

STEP THREE:

Look for patterns and common themes in your circles.

Are you worrying about things you cannot control?

Are you angry about how you've been hurt?

Are you obsessed with what you don't have?

Are you sad about sin in your life?

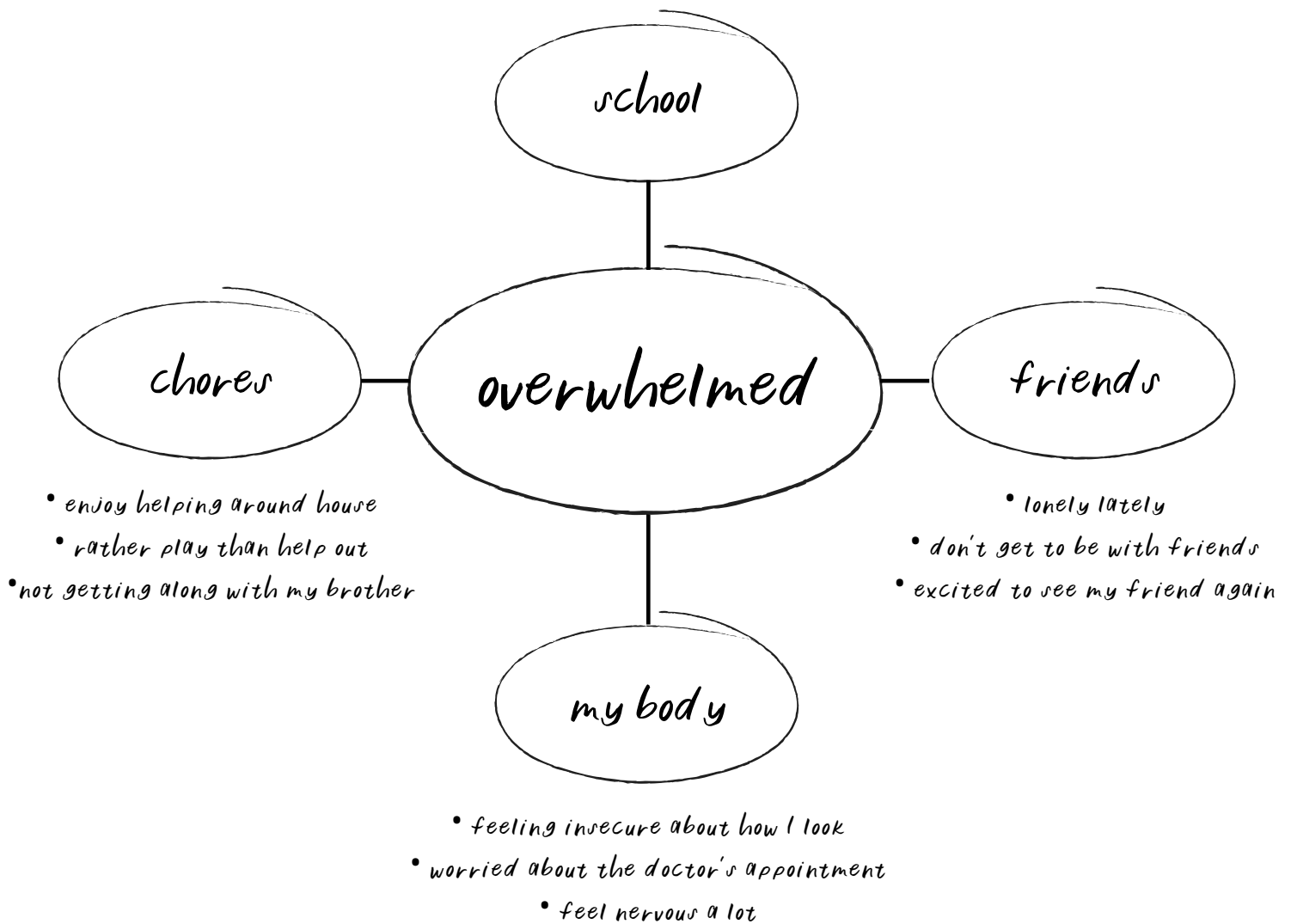
**OKAY. SO WHY DID I HAVE YOU WRITE
ALL YOUR THOUGHTS DOWN?**

**IT'S SO THAT YOU CAN SEE HOW YOUR
THOUGHTS ARE BUILDING A STORY
ABOUT GOD THAT IS EITHER TRUE OR
UNTRUE.**

READY TO GET STARTED?

Here is an example:

- don't like school at home
- overwhelmed with classes
- changing schools next year



YOUR MIND MAP



the thought chart

What does God say about my thoughts?



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Here is an example:

Grab the Thought

What is it?

*I miss learning at school
and seeing my friends. It's
hard to be at home and do
school.*

Examine the Thought

Is it true?

*Yes, it is hard to learn at
home because it is a new
experience, but God is in
control.*

Take It to God

What does God say about it?

*So don't worry about
tomorrow, for tomorrow will
bring its own worries. Today's
trouble is enough for today.
Matthew 6:34*

Make the Choice

Am I going to believe God?

*I choose to believe that God
will take care of me and
give me strength for
today!*

Your Thought Chart

Grab the Thought

What is it?

Examine the Thought

Is it true?

Take It to God

What does God say about it?

Make the Choice

Am I going to believe God?

the friend guide

How can I make friends?



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1. Go first.

To have deep, true friendships, sometimes we have to go first to make a friend and we have to be the kind of friend we want to have. Do you want better friends? Do you feel left out? Don't wait for people to ask you to be their friend. You go first! And maybe when you go first, the people around you will meet us halfway. You will be more honest. Don't be afraid! Ask someone to play on the playground or sit by you at lunch! There will always be someone waiting for you to ask!

Read

And as you wish that others would do to you,
do so to them. Luke 6:31

Pray

God, help me love people like you love me!

Move

Take your neighbor's trash up their driveway. Save a seat at church for someone. Drop off cookies to a friend. Ask someone new to play on playground (especially if they look lonely.)

2. Be a good listener.

A good listener is ok with being quiet. They put down what they're doing or playing with. They look their friend in the eye. They are slow to give opinions! They repeat back to their friend what they've heard them say (just to make sure they understand!). Listening helps us understand and love others like Jesus.

Read

Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger... James 1:19

Pray

God, help me be a better listener that remembers what my friend says. I trust you to give me good heart questions at the right time!

Move

Ask people the questions you wish they would ask you. Even if it feels awkward at first, asking people good questions will make better friendships. Ask questions your friends can answer with more than 'yes' or 'no'!

3. Tell your friends what you like about them.

Say it as soon as you think it! “I’m so grateful for that moment at school when you picked up the paper I dropped. You’re a thoughtful friend.” “Thanks for asking good questions.” A good friend looks for God in your life and tells you where he/she sees God changing you and growing you!

Read

Therefore encourage one another and build one another up, just as you are doing. 1 Thessalonians 5:11

Pray

Thank you God for showing me more of you through other people. Give me eyes to see the ways you’re moving in other people’s lives and the boldness to tell them!

Move

Look a new friend in the eye this week and tell them one way you see God in their life.

4. Share the real stuff.

The Bible asks us to tell the truth! We can do this with friends too, by being the "real" us and letting our friends be the "real" them. Usually, people around us will love us just the way we are, especially if we aren't trying to be someone we are not.

Read

For am I now seeking the approval of man, or of God? Or am I trying to please man? If I were still trying to please man, I would not be a servant of Christ. Galatians 1:10

Pray

God, help me be the real version of myself and not try to impress others! Help me seek your approval alone and not the approval of man.

Move

Next time you're with someone, commit to being honest in everything you say. Tell someone what you're struggling with this week even if it's uncomfortable...even if it is a parent!

5. Talk about Jesus!

What could matter more than this! When we're talking about Jesus, our friendships are built on something that lasts. We get to see God in others and He gets bigger and more beautiful to us. Friendships that are focused on Jesus leave no room for arguing over silly things, gossip, and competition because you're looking to please God alone!

Read

I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing. John 15:5

Pray

God, I am nothing without you! May you be at the very center of every relationship in my life. Help me talk about you more and more.

Move

Start a conversation with a friend by asking: "who is Jesus to you?"

6. Forgive your friends quickly!

We hurt one another. We let each other down. We disagree. We are human and sinners! We can have grace for others. If we can see that we are completely messed up and that God rescued and saved us from ourselves, and not because we did anything or deserved it, then there is freedom in our lives to give our friends grace! We need each other. We have to pick our friends and commit to them, knowing they will hurt us but not giving up easily on them when they do.

Read

Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. Ephesians 4:32

Pray

Lord, help me to forgive others quickly and completely as you have forgiven me.

Move

Think about where you might be holding on to any sadness and anger toward a friend that hurt you. Pray. Then move towards loving and working it out with that person today.

Think About This!

What are 5 ways you could be a good friend this week?

Who are your close friends who love Jesus too?

Who are the people that make you love God more?

Who do you feel safe to share the things in your heart with?

Who are some friends you could tell about Jesus?

What friends do you need?

People you need.

Plan for time together.

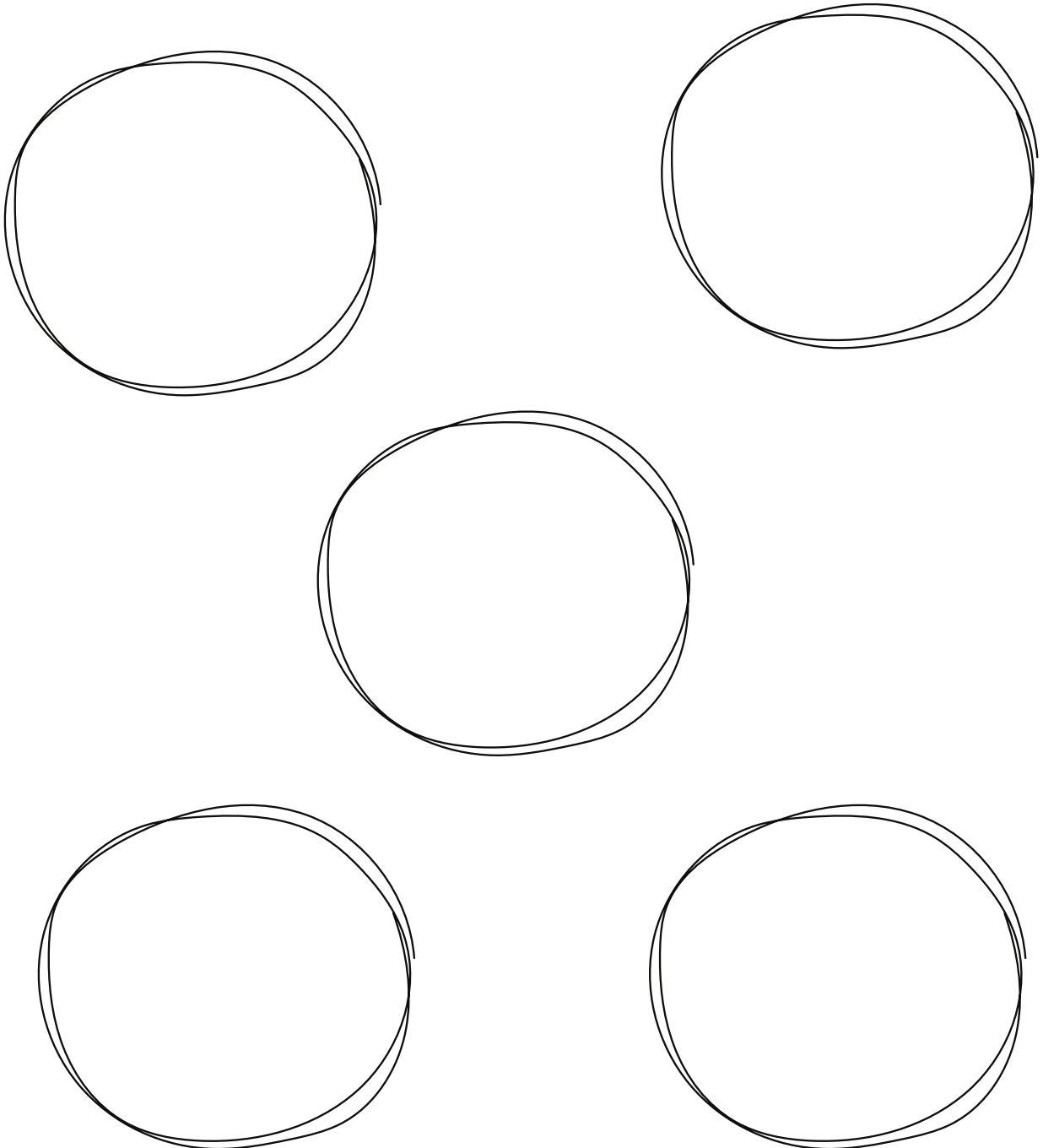
What friends need you?

People who need you.

Plan for time together.

Tell them!

Who are your 5 friends? Write their names in the circles!
What are you grateful for in them?

The form consists of five large, hand-drawn circles arranged in a pentagonal pattern. Each circle is intended for a student to write the name of a friend and a list of things they are grateful for in that friend. The circles are empty and have a slightly irregular, sketched appearance.

convo cards

Let's talk about it!



What sad, scary, or negative thought do you need to speak out loud and pray about?

What are some ways you could love and serve others this week?

What are some ways you could spend time with Jesus this week?

How can we pray for each other right now?

What thought is in your brain that feels the most overwhelming right now?

Are you lonely? What friend could you reach out to this week?

FIGHTER VERSES



I will fight for you. Exodus 14:14

Don't be afraid, for I am with you. I will strengthen you and help you. Isaiah 41:10

I have a good plan for you. Jeremiah 29:11

So if the Son sets you free, you are truly free. John 8:36

I will protect you and comfort you. Psalm 23:4

I will work things out for the good of those who love me. Romans 8:28

I am the beginning and the end. I am the first, and I am the last. Revelation 22:13

Before I formed you in the womb I knew you. Jeremiah 1:5

I am he who blots out your mistakes...I will not remember your sins. Isaiah 43:25

My Spirit is within you. Ezekiel 36:27

I will not leave you. Deuteronomy 31:8

I will remind you this is all real. John 14:26

You will be with Me. I will wipe every tear from your eyes, and death will be no more. Behold, I am making all things new. Revelation 21:3-5

I give power to the weak. Isaiah 40:29

Be strong and courageous. Do not be afraid or discouraged. For I am with you. Joshua 1:9

My hand laid the foundation of the earth... my right hand spread out the heavens...when I call to them, they stand forth together. Isaiah 48:13

I am good, ready to forgive, and full of love when you need help. Psalm 86:5

I am who I am. Exodus 3:14

I chose you and appointed you that you should go and bear fruit and that your fruit should abide, so that whatever you ask the Father in my name, he may give it to you. John 15:16

I will equip you for every good work I've planned. Hebrews 13:21

You will find strength in Me. Isaiah 40:31

I will keep you safe. Psalm 4:8

Do not worry; instead, pray. Then you will experience my peace, which exceeds all understanding. Philippians 4:6-7

Trust in me, and I will show you what path to take. Proverbs 3:5-6

Do not worry like unbelievers do. I will give you everything you need. Matthew 6:31-33

I will take care of all of your needs. Philippians 4:19

I will comfort you as you wait. Isaiah 66:13

In just a little while I am coming and I will take you to the place I am. Hebrews 10:37

Don't be afraid. I am here to help you. Isaiah 41:13

I will hear your cries for help and rescue you. Psalm 34:17

Do not fear. I will protect you. Psalm 27:1

I am light; in me there is no darkness at all. 1 John 1:5

I did not give you a spirit of fear but of power, love, and self-control. 2 Timothy 1:7

To all who receive Me, who believe in My name, I give the right to become children of God. John 1:12

Do you not know that you are God's temple and that God's Spirit dwells in you? 1 Corinthians 3:16

I will build my church through you, and the gates of hell will not overcome it. Matthew 16:18

I am on my way. Revelation 3:11

My steadfast love endures forever and ever. Psalm 138:8

You will inherit the earth. Psalm 25:13

My kingdom is coming. My will will be done on earth as it is in heaven. Matthew 6:10