



# L.B.

Discovering The Inner Light

## Activities

### Discovering My Light



# Discovering My Light



## Objective

Help students identify and celebrate their inner Light qualities through self-reflection, character-building vocabulary, and artistic expression.

## Materials

- “Discovering My Light” activity pages (Reflection questions, LIGHT word list, and worksheet)
- Pencils, pens, markers, crayons
- Optional: Stickers or decorative supplies

## Instructions

### 1. Begin with Reflection

- Invite students to reflect on the “Discovering My Light” questions (page 2).
- Choose a format that fits your setting: individual journaling, small group sharing, or class discussion.

### 2. Introduce the LIGHT Acronym

- Display or distribute the “LIGHT” word list (page 3).
- Explain that each letter in LIGHT stands for a positive quality they might see in themselves.
- Students choose one word per letter that best represents their inner Light, based on their reflection.

### 3. Create with Purpose

- Pass out the LIGHT worksheet (page 4).
- Students write their chosen words and decorate each section using colors, symbols, or drawings that reflect the meaning behind each word.
- Encourage creativity and personal expression.

### 4. Share and Celebrate

- Invite students to share their LIGHT words with a partner, small group, or the class.

# Discovering My Light

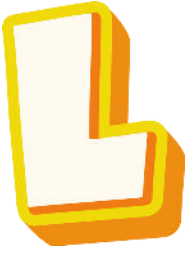
**Reflect:**



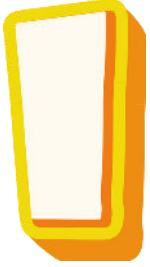
## Questions

- What do your friends or family say is special about you?
- What do you do when someone is feeling sad or left out?
- When was a time you had to be brave or honest? What happened?
- Can you think of a time when you helped someone? How did it feel?
- What makes your heart feel happy and warm inside?
- How do you treat others when you're being your best self?

## Choose Your LIGHT Words:



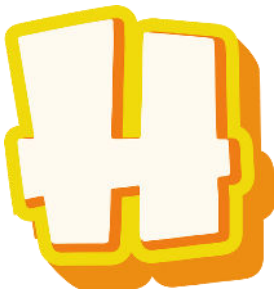
Loving, Lighthearted, Loyal, Leader, Listener, Limitless, Luminous, Learning, Lively, Laughing, Liberated, Level-headed.



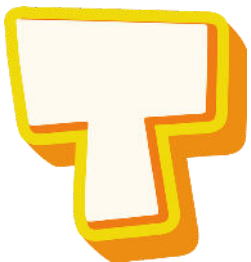
Inspiring, Imaginative, Independent, Intelligent, Intuitive, Inviting, Inclusive, Innovative, Illuminating, Intentional, Insightful, Inquisitive, Influential.



Grateful, Generous, Gentle, Genuine, Grounded, Glowing, Growing, Good-hearted, Giving, Graceful, Guiding, Goal-oriented, Gallant, Great, Golden, Gutsy.



Honest, Hopeful, Helpful, Humble, Harmonious, Happy, Healing, Heroic, Hardworking, High-spirited, Heartfelt, Huggable, Humanitarian, Healthy, Hands-on.



Thoughtful, Trustworthy, Thankful, Tender, Truthful, Thriving, Tenacious, Tranquil, Transformative, Trailblazer, Tough, Teachable, Tolerant.

## My Light Qualities

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