

The Masterpiece Reflection

A Faith-Based SEL Activity for Self-Awareness & Identity

Target Audience: Grades K-3

Core SEL Competency: Self-Awareness

1. The Opening Discussion (The "Whose" Concept)

Begin with a short conversation about ownership and value.

- **The Hook:** Hold up a common object (like a pencil) and then a piece of original art.
Ask: "Which one would you protect more if it got lost?"
- **The Lesson:** A pencil is mass-produced, but art is "one-of-a-kind." Explain that being "fearfully and wonderfully made" means we aren't just random; we are intentional creations.
- **The Pivot:** Shift the focus from *identity* (what I do) to *belonging* (who made me). If we belong to a Creator who makes no mistakes, how does that change the way we look in the mirror?

2. The Creative Prompt: "The Signature of the Soul"

Provide each participant with a piece of paper that has a large, empty frame drawn on it. (sample below)

- **Step A: The Portrait.** Instead of drawing a literal face, ask them to Write or draw 3 **God-given gifts** (things you are good at or ways you show kindness).
- **Step B: The Origin.** At the top of the frame, have them write: "*I am fearfully and wonderfully made.*"
- **Step C: The Signature.** At the bottom, instead of signing their own name, have them write: "*Property of the Creator*" or "*Created by God.*"

3. Reflective Journaling / "I Am" Statements

Have participants complete these three prompts to ground the spiritual concept in emotional reality (see below):

Prompt	Focus
Because I am God's... Or I am good at _____ (younger students)	I don't have to be perfect to be loved.

Since He made me... Or God made me _____ (younger students)	My "weaknesses" are just places where His strength shows up.
Knowing 'Whose' I am... Or I can be kind by _____ (younger students)	I can treat others with respect because they were made by Him, too.

4. The Closing Affirmation

Gather in a circle and have everyone repeat this "Identity Anchoring" statement:

Leader: I am not a mistake.

Student: I am not a mistake.

Leader: I am not a copy.

Student: I am not a copy.

Leader: I am a masterpiece, made with purpose,

Student: I am a masterpiece, made with purpose,

Leader: and I belong to the One who created the stars.

Student: and I belong to the One who created the stars.

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"I Am" Statements

Because I am God's...

Since He made me ...

Knowing 'Whose' I am...

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"I Am" Statements

I am good at...

God made me ...

I can be kind by ...

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