



Guided contemplation: “Who am I really?”

- Am I angry sometimes?
- Am I sad sometimes?
- Am I afraid sometimes?
- Maybe this morning, I was in a bad mood when I put on my shoes?
- When I am angry or in a bad mood, am I like this all the time, without interruption, even now, in this moment?
- Can I be sad in one moment and be happy just after because a friend made me laugh?
- Can I be angry in one moment and, just after, be full of love for my dog or rabbit?
- Can I be afraid in one moment and, in the next moment, can I feel completely at ease because my mother or father arrived?
- Am I my sadness, am I my anger or my fear?
- If I am not all of this, because it does not stay and it changes, who am I inside myself?
- Who am I really?

Teacher's note:

During the contemplation children can be in a relaxed position (sitting or even lying down).

The teacher reads the questions slowly, leaving space after each question.

After the contemplation children share about how they feel about “Who they really are.”