



Loop



ACTIVITY GUIDE

Mind Control

Week 3: Control Your Inner Critic

Truth or Trash?

For this activity, students will decide if statements are true or false garbage that belongs in the trash.

Activity Objective

Create your own *Truth or Trash?* card set!

You'll Need

- Truth or Trash activity sheet (1 per student)
- Paper bag (1 per student)
- Truth or Trash activity supplement (1 per group)
- Pen or pencil (1 per student)
- Scissors (1 set per group)
- Markers (1 set per group)

Instructions

1. **Say:** Cut these cards apart so we can play a game to remember the truth God says about us—not the harsh lies our inner critic sometimes tells us.
2. **Give** each student a Truth or Trash activity sheet and a paper bag.
3. **Place** markers, pens or pencils, and scissors where your group can access them.
4. Students **write** their name on the bag, **cut** the cards along the dotted lines, and **put** the cards with writing on them into their bag. Have students set aside the blank cards.
5. **Say:** Now, let's play! If the card is a truth to keep in your heart, say "truth" and show me a thumbs up. If it's a lie, say "trash" and show me a thumbs down.
6. **Use** one student's bag to **pick** a card and read it out loud.
7. Students **answer**. You **read** the back of the card out loud to show the correct answer and learn God's truth.
8. **Say:** Your bag is full of some truth to believe—and some lies that belong in the trash. Now, I want each of you to write your own Truth or Trash card with something that you either know is true and want to keep strong in your mind, or something that you know is trash, but you struggle to get rid of.
9. Students write their own statements on one of their blank cards, choosing either a truth they need to hold onto in their mind or a trash-thought they know they need to get rid of.
10. Use the Truth or Trash activity supplement to help students to find a Scripture that either confirms the truth or proves the trash-value of what the students wrote so they can add it to the back of their card.
11. **If time allows**, students can write more cards or pair up and play Truth or Trash with a partner.
12. **Encourage** students to go home and write out more cards with truths they know they need to remember or trash they know they need to get rid of from their minds.