

# Foundation Home Connection

## Unit 4: Who Am I? | Lesson 3

⌚ This Home Connection activity should take about fifteen minutes to complete. As soon as you get home, with a parent, write down a time this week when you will work together to complete this activity.

Day: \_\_\_\_\_ Time: \_\_\_\_\_

### Activity

This week, we talked about what makes us us.

Take out a family photo album that shows your family throughout different years. Look at the pictures and talk about what looks different about you throughout the years.

Even though your bodies have changed, are you still you? Yes!

What makes you you is your soul. Your soul is the you on the inside.

Spend some time as a family describing things you appreciate about each family member's soul.

Pray together, thanking God for creating each of you. Ask that He would help you to love Him and reflect Him to those around you.