

Knowing Who I Am™

A 7-Week Identity Journey · Ages 4–8 · Course Syllabus (Virtual & In-Person)

Course Overview

Knowing Who I Am™ introduces young children to the foundations of The I AM Unshaken Identity Path™ through simple stories, reflection, discussion, and hands-on activities.

Each week, children learn one practice through an original, relatable scenario and a hands-on activity designed specifically for this age group — no outside materials or books required.

Format

- 7 sessions, 30 minutes each
- Delivered virtually in a small-group video format, or in person in a classroom or workshop setting
- A caregiver is encouraged to co-attend virtual sessions for children ages 4–6
- Each session follows the same five-part rhythm so children know what to expect week to week: Welcome & Wiggle, Let's Imagine, Let's Talk About It, Let's Practice, Carry This With You

Materials Needed

Simple, low-cost, easy-to-find materials only — paper, crayons or markers, and a few household items depending on the week (noted in each session plan). No books or specialized materials are required.

The Seven Practices

- I Know Who I Am
- I Can Pause
- I Am Kind to Myself
- I Trust That I Am Still Growing
- I Fly My Own Kite
- I Can Try Again
- I Am Open to What Comes Next

Outcome

Children begin developing a healthy sense of identity, emotional awareness, resilience, and confidence through seven simple, age-appropriate practices they can carry into everyday life.

Weekly Session Plans

WEEK 1 — I Know Who I Am

Identity Path State: Knowingness

Learning Objective

Children begin to identify things that are true about them, no matter what kind of day they're having.

Welcome & Wiggle (3 min)

Greeting song or simple movement warm-up to open every session the same way.

Let's Imagine (7 min)

Facilitator tells a short scenario aloud: "Imagine it's your very first day somewhere new — a new class, a new team, a new place. You don't know anyone yet. But even though everything around you is new, some things about YOU haven't changed at all."

Let's Talk About It (5 min)

- What's something about you that stays the same, even on a brand new day?
- What's something you're really good at, or something you really love?

Let's Practice (10 min)

"My Superpowers" activity: each child draws or names three things true about themselves — a favorite thing, something they're good at, something that makes them laugh.

Carry This With You

This week's phrase: "I know who I am."

WEEK 2 — I Can Pause

Identity Path State: Stillness

Learning Objective

Children learn a simple breathing technique to use when they feel a big feeling coming on.

Welcome & Wiggle (3 min)

Opening greeting, plus a recap: "Who remembers one of their superpowers from last week?"

Let's Imagine (7 min)

Scenario: "Imagine you're playing a game and it's not going your way. You can feel a big, hot feeling starting in your tummy. What if, instead of shouting right away, you took one big breath first?"

Let's Talk About It (5 min)

- Where do you feel big feelings in your body?
- What happens after you take a slow breath?

Let's Practice (10 min)

"Balloon Breathing": breathe in slowly through the nose like filling a balloon in your belly, hold, then breathe out slowly like letting the air out. Practice together 4–5 times, using hands on bellies to feel the movement.

Carry This With You

This week's phrase: "I can pause."

WEEK 3 — I Am Kind to Myself

Identity Path State: Love

Learning Objective

Children practice noticing an unkind thought about themselves and replacing it with a kind one.

Welcome & Wiggle (3 min)

Opening greeting, plus a recap of the breathing practice.

Let's Imagine (7 min)

Scenario: "Imagine you're drawing a picture and it doesn't look the way you wanted. You might think, 'This is bad, I can't draw.' But what if you talked to yourself the way you'd talk to a friend instead?"

Let's Talk About It (5 min)

- What would you say to a friend whose drawing didn't turn out the way they wanted?
- Can you say that same kind thing to yourself?

Let's Practice (10 min)

"Kind Words for Me" activity: each child draws something (anything at all) and practices saying one kind thing about it out loud, no matter how it turned out.

Carry This With You

This week's phrase: "I am kind to myself."

WEEK 4 — I Trust That I Am Still Growing

Identity Path State: Faith

Learning Objective

Children practice trusting that not being good at something yet is part of growing, not a problem to fix immediately.

Welcome & Wiggle (3 min)

Opening greeting, plus a recap of last week's kind words.

Let's Imagine (7 min)

Scenario: "Imagine trying to ride a bike, or tie your shoes, or do a cartwheel for the very first time. You probably didn't get it perfectly right away — and that's not because something is wrong. That's just what growing looks like."

Let's Talk About It (5 min)

- What's something you couldn't do before, but you can do now?
- What's something you're still learning to do?

Let's Practice (10 min)

"Growing Like a Seed": children draw or act out the stages of a seed growing into a plant (tiny seed, sprout, small plant, tall plant), connecting each stage to "I'm still growing, and that's okay."

Carry This With You

This week's phrase: "I trust that I am still growing."

WEEK 5 — I Fly My Own Kite

Identity Path State: Non-Attachment

Learning Objective

Children practice noticing when they compare themselves to others and letting that feeling go.

Welcome & Wiggle (3 min)

Opening greeting, plus a recap of the growing practice.

Let's Imagine (7 min)

Scenario: "Imagine you made something you were really proud of, and then you saw someone else's, and suddenly yours didn't feel as special anymore. But your own kite doesn't need to look like anyone else's kite to be worth flying."

Let's Talk About It (5 min)

- Has something you made ever felt less special after seeing someone else's?
- What makes the thing you made special, just because it's yours?

Let's Practice (10 min)

"My Own Kite" activity: children decorate a simple paper kite shape however they like, with no "right" way to do it — emphasize that every kite in the room will look different, and that's the point.

Carry This With You

This week's phrase: "I fly my own kite."

WEEK 6 — I Can Try Again

Identity Path State: Devotion

Learning Objective

Children practice responding to a setback by trying again instead of giving up.

Welcome & Wiggle (3 min)

Opening greeting, plus a recap of last week's kite activity.

Let's Imagine (7 min)

Scenario: "Imagine building a tower out of blocks, really tall — and then it falls down. What could you do next?"

Let's Talk About It (5 min)

- How do you feel when something you built or made falls apart or doesn't work?
- What happens if you try again?

Let's Practice (10 min)

Building activity: children build a small tower (blocks, cups, or any stackable household item), let it fall on purpose, and rebuild it — celebrate the rebuilding, not just the final tower.

Carry This With You

This week's phrase: "I can try again."

WEEK 7 — I Am Open to What Comes Next

Identity Path State: Receiving

Learning Objective

Children practice feeling okay about something new or uncertain, without needing to know exactly what will happen.

Welcome & Wiggle (3 min)

Opening greeting, plus a look back: "We've learned six practices together — today is our last new one!"

Let's Imagine (7 min)

Scenario: "Imagine something new is about to happen — a new season, a new class, a new activity. You don't know exactly what it will be like yet. And that's okay — new things can be exciting, even when we're not sure what's coming."

Let's Talk About It (5 min)

- Is there something new coming up in your own life?
- What's something you're excited to try, even if you're not sure how it will go?

Let's Practice (10 min)

Closing celebration: each child shares one new thing they're open to trying. Close with all seven phrases together as a group, and a small celebration (certificate, sticker, or a simple graduation moment).

Carry This With You — Series Closing

This week's phrase: "I am open to what comes next." Close the full 7-week journey with the complete refrain: I know who I am. I can pause. I am kind to myself. I trust that I am still growing. I fly my own kite. I can try again. I am open to what comes next. I AM UNSHAKEN.

Facilitator Notes

- Each session's structure is fixed (Welcome & Wiggle, Let's Imagine, Let's Talk About It, Let's Practice, Carry This With You) so children build a reliable rhythm across all seven weeks.
- All scenarios are told aloud by the facilitator in simple, conversational language — no reading materials, slides, or props are required, though facilitators are welcome to bring simple visual aids if it suits their style.
- This syllabus is intentionally self-contained and does not reference any other I AM Unshaken materials, so it can be delivered on its own, in any setting (virtual or in-person), without dependency on outside content.
- The "Let's Talk About It" questions are prompts, not scripts — follow a child's answer where it leads rather than moving straight to the next question.
- For the youngest end of the age range (4–6), lean on a co-attending caregiver to help with drawing or writing during "Let's Practice" activities.
- This structure can be delivered identically in person — simply replace video-call elements (e.g., screen-shared greetings) with in-room equivalents.