

# Foundations

## Who am I, unplugged?

Best for ages 9 and up. **The purpose of this conversation is to instill in children the value of knowing oneself, liking oneself, and being comfortable with oneself.**

“Static” and distraction has always been around and available for those who feel uncomfortable with being alone, but today’s technological world impacts nearly everyone by default, regardless of whether or not one is looking for a distraction. Due to this, it’s important to teach children at a young age the value of “unplugging” and discovering themselves, what they value and feel.

It’s very difficult to learn one’s values or have goals and dreams while being constantly distracted. As a result, people often find themselves living a lifestyle (whether personal or professional) that they one day realize they never planned. Research shows that the more one fears being alone and the longer they push off dealing with that fear, the more difficult it becomes.

A helpful way to impart this concept to your child is to ask them to identify the loudest and busiest place they’ve ever experienced. Then, ask them to imagine studying for a test and having to learn and retain information right in the middle of that environment. Use this analogy to segue into the barriers one faces when trying to learn about themselves, without “unplugging,” from time to time.

Challenge your child to get to know themselves. Ask them to think about their various likes and dislikes, goals and hopes, fears and worries and top several values. Prompt them to think about one of the above-mentioned topics each night for a week and follow up with them after a week to see how they feel.

If your child has a cell phone, encourage them to leave it outside their bedroom overnight for this week of self-discovery.

### Sample conversation:

Parent: Do you ever think about what it would be like to just be by yourself?

Child: What do you mean by myself...?

Parent: You know, like no music, no phone, no friends. Like imagine being on the beach by yourself. Ever think about that...?

Child: That does sounds nice actually....but no, not really.

Parent: Sometimes I wonder what it would have been like for me to grow up in today’s world, where there are so, so many distractions and so few opportunities for peace and quiet, you know?

Child: Yeah. It must have been so different without smart phones and stuff.

Parent: We didn’t even have cell phones at all! It was different, definitely, but it gave me so many more chances for self-discovery. What are your thoughts on self-discovery?

Continue with the above outline



Building Our Future Today.