



# ADDITIONAL RESOURCES

## Into the Unknown

PRELUDE

SOCIAL

WORSHIP

STORY

GROUPS

HOME

## OVERVIEW

Your middle schoolers may be experiencing more changes in this season than any other. Changes in their body, changes at school, changes with friends, changes in their interests, changes in their mood, changes at home—it can feel like a lot of unknowns for your middle schoolers to deal with all at once! Remember, everyone deals with change differently. While some middle schoolers may get excited and even energized by change, others may feel overwhelmed or almost paralyzed at the thought of it. That's why this four-week series, Into the Unknown, will help them navigate the changes they may be facing in this phase, both big and small, by giving them practical, spiritual truths they can hold onto as they go into the unknown.

### FOR MINISTRY LEADERS

- Into the Unknown: [A Four Week Journal About Change](#)
- Orange Leaders Blog Post: [Leading Change: 3 Strategies to Help Make it Easier](#)
- Orange Leaders Blog Post: [Leading Change: 5 Ways To Avoid Quitting](#)
- Orange Leaders Blog Post: [Change Is a Process, Not a Position](#)
- Orange Leaders Blog Post: [Leading Change: 4 Ways To Attack Problems Instead Of People](#)
- Orange Leaders Blog Post: [Helping Volunteers Navigate Change](#)
- Orange Leaders Blog Post: [Growth Requires Change! Embrace It!](#)
- Orange Leaders Blog Post: [Leading Your Ministry Through Seasons of Change](#)
- Orange Leaders Blog Post: [How Physical, Mental and Cultural Changes Affect Kids](#)
- Orange Leaders Blog Post: [Surfing On Change](#)
- Orange Leaders Blog Post: [Navigating Uncertainty and Change](#)
- Orange Leaders Blog Post: [Remembering Who and Whose You are During Times of Change](#)
- Orange Leaders Blog Post: [Mental Health Resources](#)
- Orange Students Free Download: [Anxiety Tool Kit](#)
- Everyday Faith: [Fall 2021 Faith Skills Experience Kit](#)

### FOR SMALL GROUP LEADERS

- Into the Unknown: [A Four Week Journal About Change](#)
- Orange Leaders Blog Post: [Leading Change: 3 Strategies to Help Make it Easier](#)
- Orange Leaders Blog Post: [Leading Change: 5 Ways To Avoid Quitting](#)
- Orange Leaders Blog Post: [How Physical, Mental and Cultural Changes Affect Kids](#)
- Orange Leaders Blog Post: [Remembering Who and Whose You are During Times of Change](#)



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### FOR PARENTS

- Into the Unknown: [A Four Week Journal About Change](#)
- Parent Cue Blog Post: [4 Questions to Ask When You Notice a Shift in Your Child's Behavior](#)
- Parent Cue Blog Post: [5 Ways to Support Your Kids During Scary Times](#)
- Parent Cue Live Podcast Episode: [Helping Kids Cope With Anxiety](#)

### FOR STUDENTS

- The Bible App Daily Devotionals: [Into the Unknown](#)
  - Into the Unknown: [A Four Week Journal About Change](#)
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