



I am MEEK not WEAK!

**September 2026
Kids Assembly Topic**



KIDS ASSEMBLY TOPIC FOR THE MONTH OF SEPTEMBER

TITLE:

I am Meek not Weak!

OBJECTIVES:

At the end of the Kids Assembly, MFC Kids will be able to:

- identify meekness as self control;
- understand that meekness is not weakness, but strength under control; and
- demonstrate acts of meekness toward their friends, family, and Jesus.

MOTIVATION:

Activity: Red Light, Green Light

Directions: One Ate or Kuya will serve as the “Traffic Light.” Everyone else lines up at the starting point. When the Traffic Light says “Green Light!”, everyone moves forward. When the Traffic Light says “Red Light!”, everyone must STOP and freeze! Anyone who moves during the red light is out of the game. The first player to reach the Traffic Light wins!

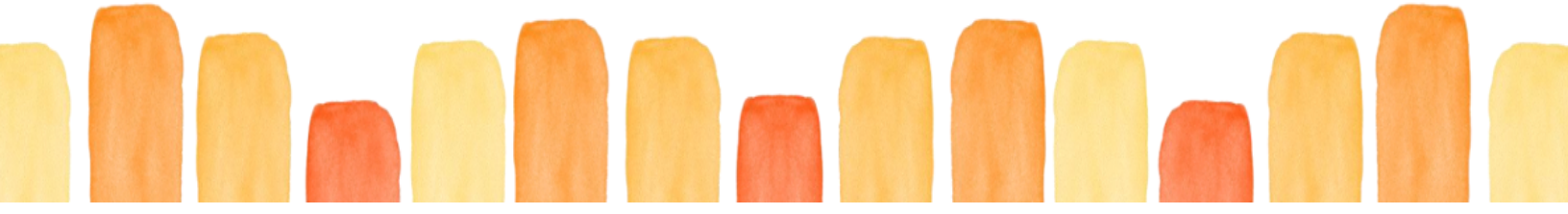
The Red Light, Green Light game deepens our understanding of how we respond to different signals, “Red Light” and “Green Light.” We may want to keep moving as fast as we can to win the game, but we cannot do whatever we want because we need to follow the directions of the Traffic Light.

What a game to start our Kids Assembly for the Month of September. Welcome everyone to our Kids Assembly focusing on the Beatitude of Meekness or Gentleness.



HEAD:

There are times when we want to do many things or take control of everything on our own. But meekness teaches us to listen, follow instructions, and submit to what is right, especially when we follow Jesus. There are moments when we need to stop, listen, and wait for the right direction before we move forward. Meekness is not weakness; it is having the self-control and humility to listen and follow, even when we want to do things our own way. Meekness means having the strength to control myself and follow what is right, even when I want to do something else.





HEART:

“Blessed are the meek, for they will inherit the land.”

or

“Happy are those who are humble; they will receive what God has promised!”

Matthew 5:5

Jesus greatly blesses those who have a pure and humble heart. In Matthew 5:5, He tells us that the promises of the Father will be upon them. This reminds us that God’s blessings are with those who follow Him. Blessed are we indeed!

But how can we, as kids, have a heart like Jesus, a heart that is meek and humble toward others? Simple! Let us choose to live our lives with meekness. We can start by practicing meekness through these 3 C’s:

Controlling Our Reactions – Controlling our responses and reactions in any circumstance helps us understand our own feelings and the feelings of others. The best way to respond to a situation is to stay calm. For example, when you are playing with your friends, if someone pushes you accidentally, stay calm and gently tell them what happened. If they do not respond, stay calm, accept it, and ask your other friends to play with you.

Choosing Kindness – We are created in the goodness of God, so we are made out of love. We need to show and share this love with others. We must speak gently when communicating with others, forgive others, and treat our friends and family with love and respect.

Continue doing what is Right – Think about this: In a challenging situation, to imitate Jesus, ask yourself, “What would Jesus do?” We know that Jesus always chooses to do what is good and right. We, too, must imitate His actions toward His family and others. We must live like Jesus. Let us be humble, patient, and willing to do what is right, even when it is difficult.



HANDS

A. Kids at Play (3-4 years old)

Activity: “Donut be Afraid!”

Methodology: Coloring Activity (Appendix A)

Materials:

- Coloring Material
- Printed Activity Sheet

Instructions for the Facilitator:

- Print the “Donut be Afraid” coloring sheet.
- Ask the Kids to color the sheet and write their names at the top.
- After doing the activity, before the assembly ends, check the accomplished task. Ask them to share their work to the crowd. Give words of affirmation.

Activity Directions: Using your coloring materials, color the donut and decorate it with your choice of sprinkles. Write your name at the top of the Activity Sheet.

B. First Steps (5-7 years old)

Activity: “I can, I cannot”

Methodology: Coloring and Identification Activity (Appendix B)

Materials:

- Coloring Material
- Pen
- Printed Activity Sheet

Instructions for the Facilitator:

- Print the **“I Can, I Cannot” Activity Sheet**.
- Ask the kids to write their names at the top of the activity sheet. For each action statement, ask them to identify whether it belongs to “Things I CAN Control” or “Things I CANNOT Control.” Instruct them to color the “I CAN” bubble green and the “I CANNOT” bubble red.

- After the activity, and before the assembly ends, check the kids' completed work. Invite some kids to share their answers with the group and give words of affirmation and encouragement.

Activity Directions: Write your name at the top of the activity sheet. For each action statement, identify whether it belongs to “Things I CAN Control” or “Things I CANNOT Control.” Color the “I CAN” bubble green and the “I CANNOT” bubble red.

Key to Correction:	
“I can”	“I cannot”
• My Attitude • How I treat people • My Choices • How I treat my body • How I speak to my parents • What I eat food • My Thoughts • How I play with my friends • How I treat with my friends • How I prepare to exam	• The Weather • How Others behave • Other people's feelings • How others see me • The Past

C. Footsteps (8-10 years old)

Activity: “What’s Inside My Head?”

Methodology: Coloring and Identification Activity (Appendix D)

Materials:

- Coloring Material
- Pen
- Printed Activity Sheet

Instructions for the Facilitator:

- Print the **“What’s Inside My Head?” Activity Sheet**.
- Ask the kids to write their names at the top of the activity sheet. Accomplish the given directions.

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- After the activity, and before the assembly ends, check the kids' completed work. Invite some kids to share their answers with the group and give words of affirmation and encouragement.

Activity Directions: Look at the child and imagine that it is you. Inside the bubble, draw or write three things you can do to practice self-control. Think about how you can control your words, actions, thoughts, or reactions when you feel angry, excited, upset, or tempted.

D. Step Up (10-12 years old)

Activity: "My Traffic Light"

Methodology: Coloring and Writing Activity (Appendix C)

Materials:

- Coloring Material
- Pen
- Printed Activity Sheet

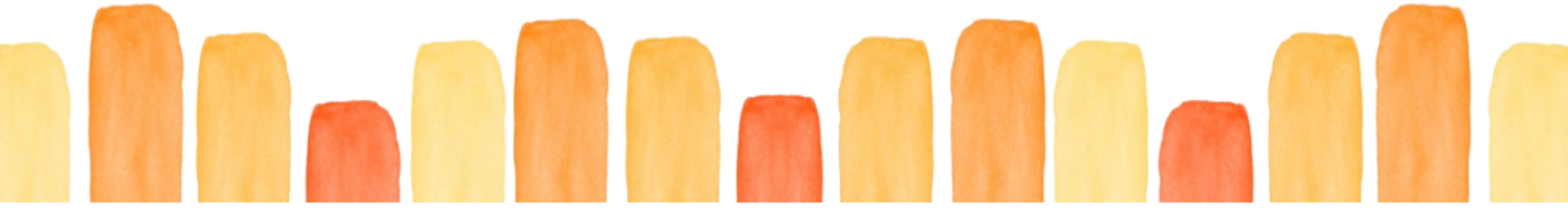
Instructions for the Facilitator:

- Print the **"My Traffic Light" Activity Sheet**.
- Ask the kids to write their names at the top of the activity sheet and accomplish the activity sheet.
- After the activity, and before the assembly ends, check the kids' completed work. Invite some kids to share their answers with the group and give words of affirmation and encouragement.

Activity Directions: Color your own Traffic Lights of God. Color the three circles red, yellow, and green. Inside each circle, write actions or situations that show how you should respond to God's guidance.

TAKE AWAY

Meekness will never mean weakness because meekness comes with Jesus' humility and power. We are capable of controlling our words, actions, and reactions especially when we are angry, confused, upset, or excited. With Jesus' help, we can stay calm, forgive others, listen, and choose what is right. True strength is not about controlling everything, it is about having self-control and allowing Jesus to guide our hearts.





CLOSING PRAYER

Jesus, help me understand that being meek is not being weak. Give me the strength to control my words, actions, and reactions. Teach me to be gentle, patient, and humble, especially when things are difficult. May my meekness show Your strength and love in me. Amen.

RECITATION OF MFC KIDS PROMISE

1. I will imitate Jesus.

- I will pray to God and read the Bible every day.
- I will make Jesus as my role model by obeying rules and doing good in school.

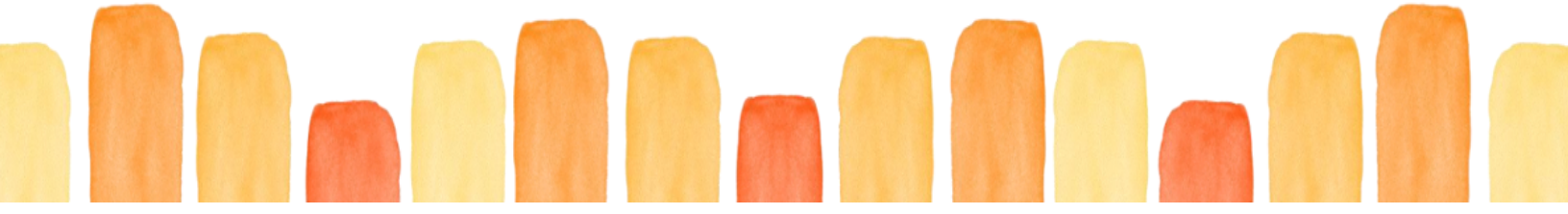
2. I will be a good family member.

- I will be a good son/daughter to my parents by obeying and respecting them.
- I will be a good sister/brother to my siblings through sharing and supporting them.

3. I will be an active member of MFC Kids.

- I will always attend and participate in all MFC Kids activities.
- I will share my time, talents, and treasures to others especially to my brothers and sisters in MFC Kids
- I will love, respect and be loyal to my MFC Kids family.

4. I will tell others about Jesus.

- I will love my brothers and sisters, relatives, and friends by doing good deeds every day that will reflect God's love.
 - I will serve in our Parish Church.
 - I will love the poor by sharing what I have with them
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LETTER TO OUR STAKEHOLDERS

Dear Parents/Guardians,

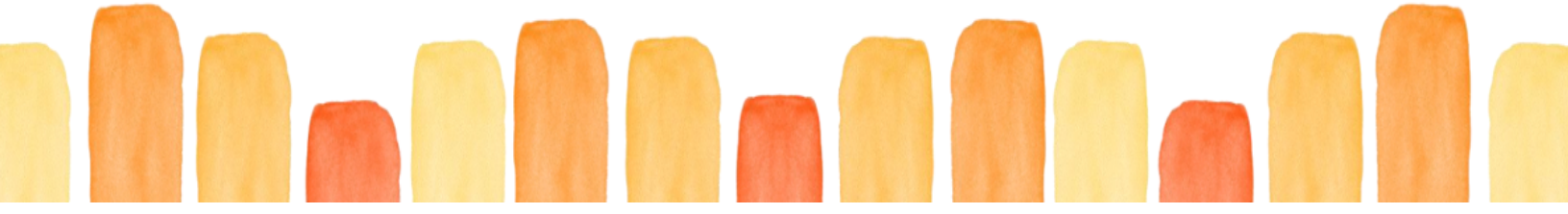
With everything that has happened in the school today, we cannot help but feel afraid and deeply concerned about the safety and well-being of our children. These incidents remind us of how vulnerable our children can be and how important it is for us, as parents, teachers, and the community, to work together to ensure that they are protected, guided, and provided with a safe environment where they can learn and grow.

We, the MFC Kids Team, encourage you to create a safe and nurturing environment in your home first. As Archbishop Advincula said, “We need to listen to [the young people], not only when they speak loudly, but especially when they suffer quietly. We need to create spaces where they can speak without fear of judgment, seek help without shame, and know that they are valued and loved.”

As adults, we must remember that we are here to **supervise, guide, listen to, and love** our children, even amid hardships and the chaos of the world. We are the ones who know our children best, and we have a responsibility to understand, support, and protect them. We must work together, hand in hand, to help them feel **safe, secure, guided, and loved**. Above all, it is our duty to lead them closer to Jesus and help them grow in faith, hope, and love.

Truly,

The MFC Kids Team



NAME: _____

Directions: Using your coloring materials, color the donut and decorate it with your choice of sprinkles. Write your name at the top of the Activity Sheet.

- **Red – Love** (I choose to love and care for others.) ● **Yellow – Joy** (I choose to be joyful and positive.)
- **Green – Patience** (I learn to wait and stay calm.) ● **Blue – Trust** (I trust Jesus and follow His guidance.)
- **Purple – Humility** (I don't always need to be first or right.) ♥ **Pink – Kindness** (I choose to be gentle and kind to others.)
- **Orange – Self-Control** (I control my words, actions, and reactions.)



Remember: When things don't go the way you want, remember: **God is in control! Trust Him, pray, and let Him take care of it.**

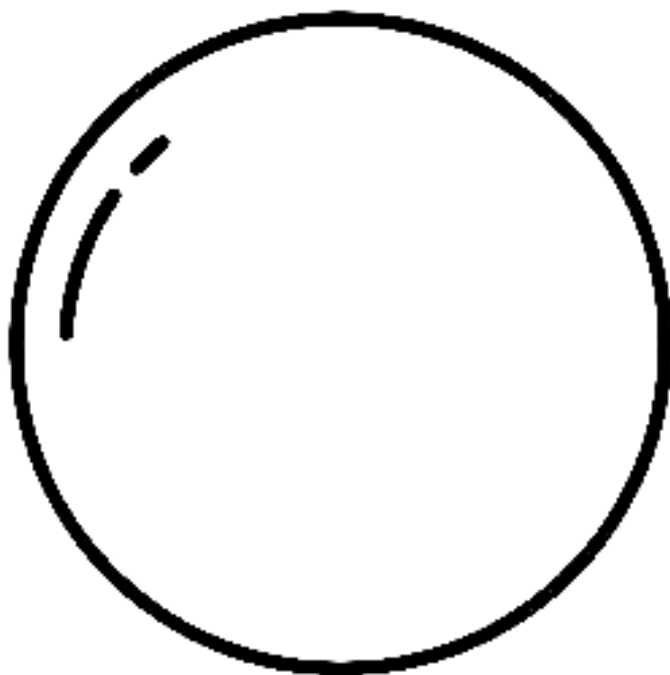
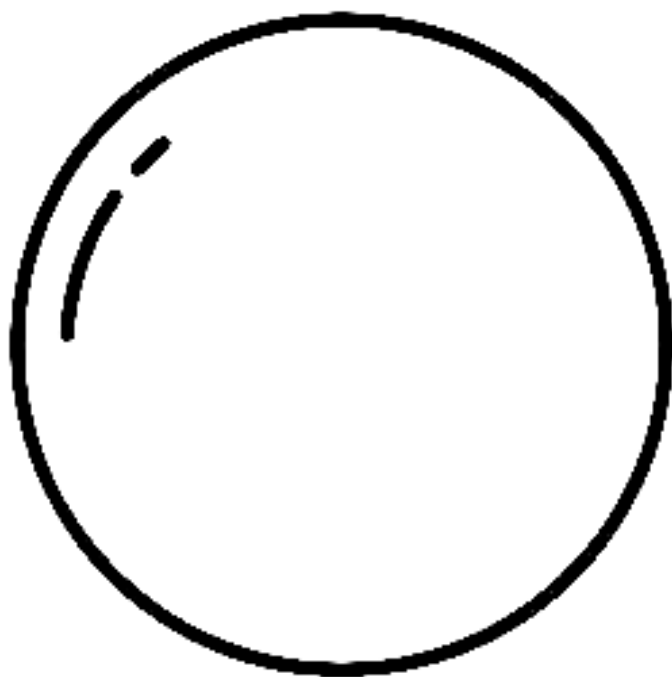
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Directions: Write your name at the top of the activity sheet. For each action statement, identify whether it belongs to “Things I CAN Control” or “Things I CANNOT Control.” Color the “I CAN” bubble green and the “I CANNOT” bubble red.

My Attitude
How I treat people
My Choices
How I treat my body
How I speak to my Parents

What I eat Food
The Weather
My Thoughts
How others behave
How I play with my friends

Other People's Feelings
How others see me
How I treat with my Friends
The Past
How I prepare to exam



NAME: _____

Directions: Look at the child and imagine that it is you. Inside the bubble, draw or write three things you can do to practice self-control. Think about how you can control your words, actions, thoughts, or reactions when you feel angry, excited, upset, or tempted.



NAME: _____

Directions: Color your own Traffic Lights of God. Color the three circles red, yellow, and green. Inside each circle, write actions or situations that show how you should respond to God's guidance.

My Traffic Light

