

WATCH LESSON VIDEO:

Watch Connect HQ, Episode 3 of “Emotions”
Also linked at yourcrosscreek.com/kids

TO DO AFTER THE VIDEO LESSON:

TALK

1. How does it make you feel if people hit, yell, ignore you, or fight because they're angry?
2. If you get mad this week, what can you do to cool down and say not to sin?

“CREATE”

Supplies: Scissors, glue or glue stick, colors.

Cut line down middle. Print the next page and cut the dotted line squares on left side out. Sort them into a TRUTH pile, and a TRASH pile. Crumple each and glue the TRASH near the trash can, and the TRUTH onto the truth section, and color. (see page 2)

REMEMBER

**If I'm angry and I want to fight,
God can help me do what's right.**

“When you are angry, do not sin.” Do not let the sun go down while you are still angry. Ephesians 4:2

CHALLENGE CARD FOR THIS WEEK:

Week 3: What Do I Do When I'm Mad?

It's OK to feel mad, but it's not OK to sin because you're mad. Ask God to help you calm down. If you're angry with someone, forgive them. Then you can make a better choice.

10,000
POINTS

Complete this activity with your family!

Read each choice. If it's godly, circle the happy face. If it's sin, circle the mad face.



Ask God to calm me down



Call people names



Pray for people who hurt me



Forgive others



Yell at people



Hit others



Say this week's point from memory!

If I'm angry and I want to fight, God can help me do what's right.



Say this week's Bible verse from memory!

Ephesians 4:26 NIRV ... "When you are angry, do not sin." Do not let the sun go down while you are still angry.



Complete this Bible Plan with your family!

Dealing with Feeling

www.go2.lc/KonnectBiblePlans

Parent Signature: _____

I hit the wall because it made me feel better.	I talked to a grown-up when I got mad, and it helped me cool down.
I'm not going to talk to my dad until he apologizes to me.	I was angry about people littering, so I started picking up trash with gloves any time I saw it.
I did some exercise when I got angry. It helped me calm down.	When people hurt my feelings, I just pretend like I'm not mad.
When my baby sister stole my candy, I prayed God would help me be kind to her.	I took some deep breaths to calm down when I was mad.
When I get mad, I just leave and ignore everybody when they try to find me.	I throw a fit when things don't go my way.
When he punched me, I left and found a grown-up to help me out.	Even when someone's not sorry, I forgive them because God forgives me when I don't deserve it.



