



FAMILY LESSON - WEEK 1

Materials: 1 Box per Family Member, 2-3 Small Items per Family Member that make them feel happy, Decorations (stickers, coloring utensils, etc.), Something that spins (fidget spinner, top, bottle,

CIRCLE UP

Use this time to gather together and get everyone talking.

ASK

If you could build anything in the world, what would you want to build?

SAY

In this new series, we're going to work on building our lives on God's Word so that we will know how to deal with everything we feel. God gave us all so many different emotions, and He wants us to use them in the right way. So let me hear you say this after me:

Elementary (ES)

I Need to Deal (pound fist on flat palm)

With How I Feel (fist to heart)

Preschool (PS)

When I'm Sad, (make sad face)

God (both hands point up)

Loves Me (hug self)

WATCH

Watch today's Elementary and/or Preschool video on the web page where you found this lesson or on the KidSpring App or YouTube channel.

ASK your Elementary Schooler:

What are some different ways you can deal with these feelings when you have them—sad, scared, embarrassed, angry?

Which emotion is hardest for you to deal with and why?

What does it mean to deal with how you feel? (Stop, Look, and Listen to what God says is best)

ASK your Preschooler:

When you're feeling sad, what can you remember? (That God loves you)

HAVE FUN TOGETHER

Help each member of your family build a “Happy Box” that you can take out and look through whenever your feelings begin to get out of control.

DO

1. Find a box for each family member (like a shoe box or plastic container)
2. Have each family member place 2-3 things in their box that make them feel happy (like a family photo, small stuffed animal, or special rock they found)
3. Decorate your boxes together with markers, crayons, stickers, etc.

SAY

When we feel sad, scared, embarrassed, or angry, we need to remember that God loves us and those feelings will not last forever. When you look at the things in your box, remember that God loves you and will help you deal with how you feel. Say this after me one more time:

Elementary (ES)

I Need to Deal (pound fist on flat palm)

With How I Feel (fist to heart)

Preschool (PS)

When I'm Sad, (make sad face)

God (both hands point up)

Loves Me (hug self)

PLAY

Practice saying the series memory verse together a few times, and then play a game. Find something that spins, like a fidget spinner, top, or bottle. Spin the item and see if your family can say the verse together before it stops:

Elementary (ES)

But even if we (thumbs to chest)

Don't feel at ease, (cross arms)

God is greater (point up)

Than our feelings (pat heart)

And He knows everything. (arms out wide)

1 John 3:20 (make book with hands)

Preschool (PS)

God is greater (point up)

Than our feelings (pat heart)

And He knows (point up)

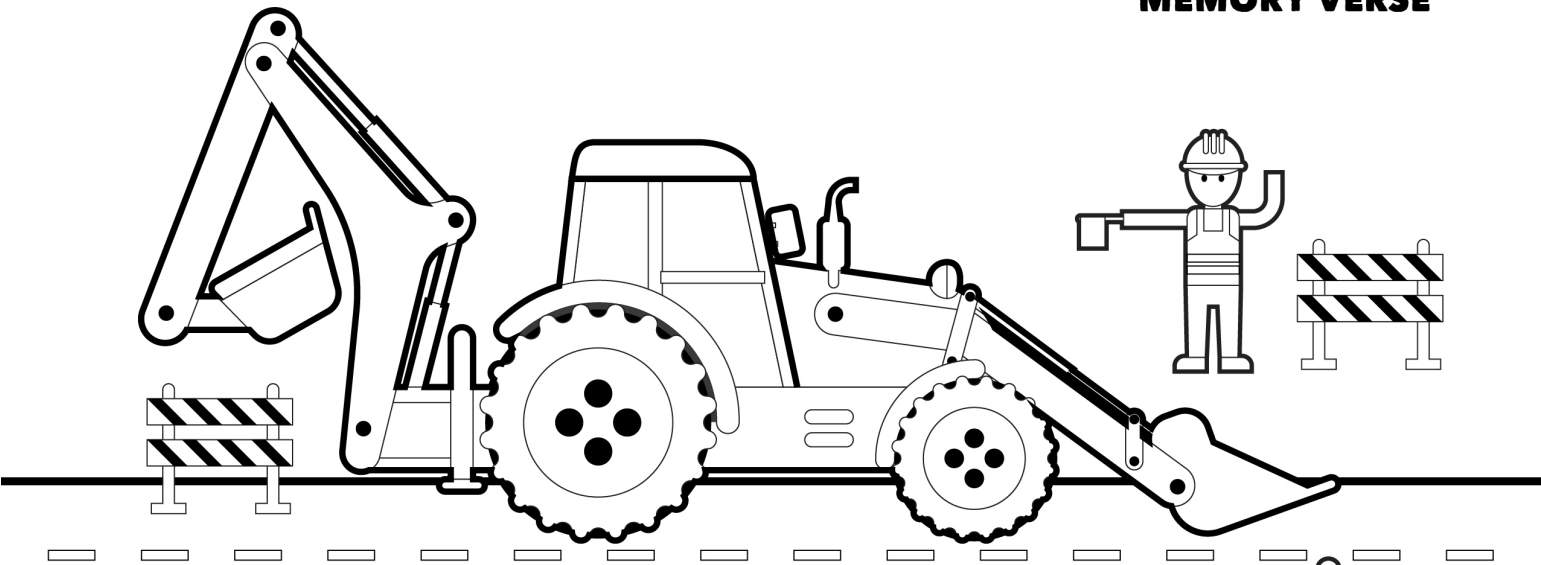
Everything. (arms out wide)

1 John 3:20 (make book with hands)

PRAY

Father God, thank You for giving us feelings. Please help us to stop, look, and listen to You so that we can know the best thing to do. We trust that You will help us because You love us. We love You! Amen!

ELEMENTARY
MEMORY VERSE

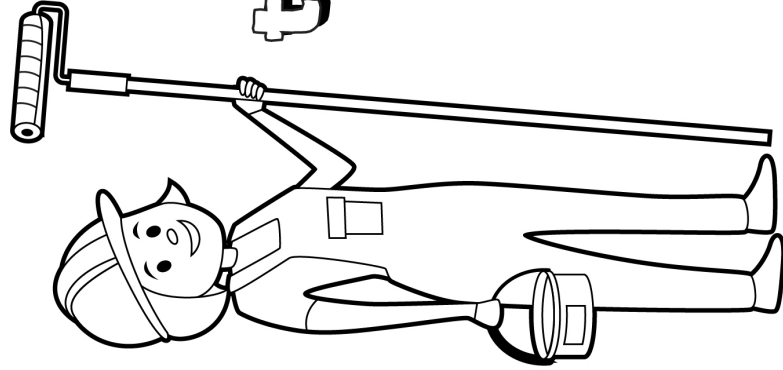


**"But even if we don't
feel at ease, God is
greater than our
feelings, and He
knows everything."**

1 JOHN 3:20

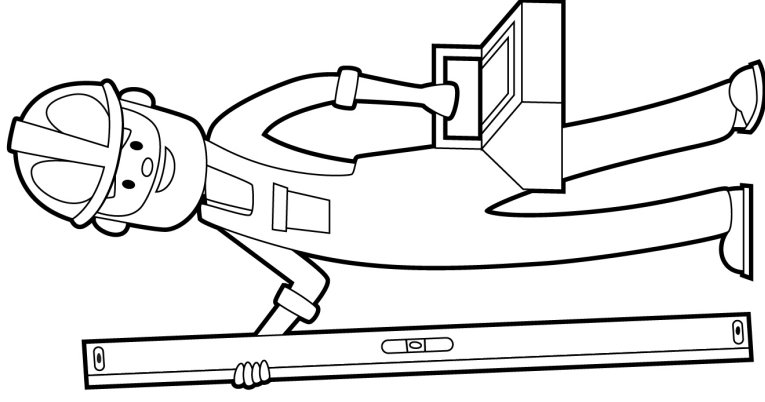


**PRESCHOOL
MEMORY VERSE**



**"God is greater
than our feelings,
and He knows
everything."**

1 John 3:20



FEELINGS CATCHER DIRECTIONS

1. Cut out the feelings catcher and turn it face down.
2. Fold each corner towards the center so that the numbers and colors are facing you.
3. Turn it over and again fold each corner into the center so that the color names are visible.
4. Fold it in half so that the color names are touching and the numbers are on the outside. Now open it and fold it in half the other way.
5. Insert your thumb and first finger of each hand (pinching motion) under the number flaps.
6. Close the feelings catcher so only the numbers show.

TO USE:

Pick a number and open and close the feelings catcher that number of times, alternating directions. Next, pick a color and spell out the color name, opening and closing the feelings catcher for each letter. Then pick a color that is visible and open that flap. Read what it says and give it a try! Play this game any time you aren't sure how to deal with how you feel.

