

## LESSON OVERVIEW

**Big Idea:** Feelings are good because God invented them

**Key Question:** What happens when we let our feelings get out of control?

**Memory Verse:** *Fools vent their anger, but the wise quietly hold it back.* . **Proverbs 29:11**

**Overview:** We're starting a new series called, "How Stuff Works". Today, we're learning about how our feelings should work. It's important to know how things work, right? Think about it. Would you get on a bike if it had square wheels instead of round? No way! It wouldn't work because squares don't roll like circles do. You could really hurt yourself if you don't understand how a bike and its wheels are supposed to work. It works the same way with our feelings. God created us to have feelings, the good ones like happy and excited, and the hard ones like anger and fear. Our feelings are important because they help us in life. They help us to be good friends, to avoid danger, and help us to make good decisions. But, here's the trick. Just because God gives us our feelings doesn't mean we get to act on them however we want. We have to understand how are feelings are supposed to work. Feelings should be controlled and expressed in appropriate ways. Otherwise, we can really hurt other people and even ourselves. Here's the trick- when you have feelings, especially the hard ones like anger or frustration, do these 3 things: 1. Stop, don't react 2. think about what you're feeling and why. 3. act appropriately. God gave us our feelings but it's important to understand how they're supposed to work.

## CLASSROOM AGENDA

- 5 min **PLAY:** Begin working on Activity Page #1.
- 5 min **WARM UP:** What makes you really happy? How do you act when you're happy? What makes you angry? How do you typically act when you're angry?
- 5 min **PREVIEW:** Write out the Big Idea and Memory Verse and Key Question on a whiteboard. Have the kids copy it down on Activity Page #1. (if applicable)
- 20 min **LARGE GROUP:** Gather for songs and videos with other kids. Then return to small group to finish this guide.
- 5 min **RECAP:** Read the **Lesson Overview** from the Teacher's Guide to the class and then **answer** the KEY QUESTION.
- 5 min **EXPLORE:** Read [Psalm 141:3-4](#). How can God help us to control what we say? What things do we need to avoid?
- 10 min **PLAY:** Do the group activity from Activity Page #2.
- 5 min **CLOSE:**
  - Of the 3 steps, which one do you need to work on?
  - Share prayer requests and pray as a class.

## TEACHER TIPS

Don't forget that you set the tone for your kids. Smile. Have fun. Pursue God together.

Allow each kid to share. The point: We all experience feelings. Some are good and some are hard. It's important to understand the right way to act on our feelings.

**Answer:** We make bad choices that can hurt others and ourselves.

God gave us feelings to help us in life. Without them, we would be like robots! But, our feelings need to be under our control. For example, feeling really excited is great but we don't want to get so excited that we jump on the couch and break it! Or, if we feel really angry at a friend, we shouldn't push them to the ground. We need to use the three steps to control our feelings so we don't make a bad choice that hurts others or ourselves. 1. **stop**, don't react 2. **think** about what you're feeling and why 3. **act** appropriately- what would Jesus want you to do?

**Bonus Questions:** Give some examples of bad choices we might make in anger. What's a good way to respond when we're happy?

**4-5th:** How do you think Jesus would want you to react when you're mad? How about when you're scared?

God can give you the **strength** to use self control so you don't just react to whatever you feel. He can give you **wisdom** to understand what you're feeling and he will **lead** you in the right way to respond. We should avoid friends that tell us to act however we want. We should run away from any thoughts that tell us to mistreat someone else.

Allow each kid to share. Encourage them to be specific with what they will do to work on that step.

# ACTIVITY PAGE #2

## Classroom Activities 2nd-5th

### Option #1

#### Memory Verse True or False

- Divide class into two teams and give each team a bell
- Give each team a Memory Verse template, pre cut (pg 5)
- Read the statements below. First team to ring in gets a chance to answer. If correct, they get to put the first **two** words from the memory verse up on one side of the whiteboard. If wrong, the other team has a chance to answer.
- Continue until a team has completed the memory verse on their side of the whiteboard

#### Statements:

1. God gave us our feelings (T)
2. The Bible is full of God's words (T)
3. Jesus died for some but not all our sins (F)
4. We don't need to control our feelings (F)
5. There are 5 steps to controlling feelings (F)
6. God can help us control our feelings (T)
7. God only gives us good feelings (F)
8. The memory verse is from Proverbs (T)
9. Controlling our feelings hurts others (F)
10. Jesus died on the cross for us (T)
11. We don't need to think about our feelings (F)
12. The first thing we should do is stop (T)
13. God loves you (T)

#### Supplies needed

- bells/ringers
- whiteboard
- Memory Verse template (pg 5), 2 sets per class, pre cut
- tape

#### Bonus Activity:

Play **Bible Hangman**

#### Words or phrases:

control your feelings, God gave us feelings, self control

### Option #2

#### Control Your Feelings Stop Light Craft

- Give each kid a Stoplight Template (pg 6)
- Have kids cut out the stoplight from the square
- Have kids color their stoplight circles
  - Stop-red
  - Think-yellow
  - Act-Green
  - Allow kids to decorate the rest how they like
- Give each kid a pre cut piece of black construction paper
- Have kids glue their stoplight to the construction paper
- As kids work, ask the following questions:
  - Why is it important to stop and not react when you feel mad?
  - Why is it important to understand how you're feeling before you do anything?
  - What are some appropriate ways to react when you're mad? What should you avoid doing?

#### Supplies needed

- stoplight template (pg 6), one per kid
- scissors
- crayons
- pre cut pieces of black construction paper big enough to fit the stoplight
- glue

#### Bonus Activity:

Play **Find the Book in the Bible**

Have class get into pairs. Give each pair a Bible. Have them race to find the books below. First to find have to say if it's in the OT or NT.

Books: Mark, Genesis, 2 Timothy

## 1 Discover Truth

Watch this week's lesson video as a family (see link above) and fill in the blanks.

1. Feelings are good, because God \_\_\_\_\_ them.
2. Even the "bad" \_\_\_\_\_ can still be good for us.
3. Feelings can \_\_\_\_\_ us if we're not \_\_\_\_\_.
4. Think about the Stoplight 1-2-3
  1. Red- \_\_\_\_\_ - don't react
  2. Yellow- \_\_\_\_\_ - identify what you're feeling
  3. Green- \_\_\_\_\_ - choose to respond the right way

## 2 Talk about it

Answer these questions together as a family.

1. What makes you really happy? How do you act when you're happy? What makes you angry? How do you typically act when you're angry?
2. Why do you think God gave us feelings?
3. How can feelings hurt you or someone else?
4. Think about the Stoplight 1-2-3. How can each of those steps help you the next time you have strong feelings toward someone or something?
5. Read [Psalm 141:3-4](#). How can God help us to control what we say? What things do we need to avoid?

## 3 Live it out

Memorize this week's Bible verse:

**"Fools vent their anger, but the wise quietly hold it back."**

**Proverbs 29:11**

Bonus: Read these additional passages as a family this week

- Read [James 1:19-20](#). Why is it better to be quick to listen than to speak?
- Read [Proverbs 16:23](#). Why is it important to think right before you speak?
- Read [Proverbs 21:23](#). Why does watching what you say keep you out of trouble?

Parent Signature \_\_\_\_\_

Learn the 3 basic truths of the Christian faith in the [Foundations for Kids](#) series.



**ACTIVITY #1**

List 5 things that make you happy:

- 1.
- 2.
- 3.
- 4.
- 5.

List 3 things that make you nervous:

- 1.
- 2.
- 3.

**BIG IDEA** →

**KEY QUESTION** →

**MEMORY VERSE** →

**PUZZLE #2**



**Emotional Intelligence**



NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

T	C	L	O	V	E	T	F	F	E	A	R	F	A	Y
L	E	D	R	I	J	P	P	V	M	B	D	L	Y	M
X	F	Y	S	H	F	F	G	C	B	H	Y	I	Q	R
D	H	U	T	A	W	E	R	M	A	V	B	R	A	V
I	F	G	B	P	R	I	D	E	R	P	S	T	M	A
S	I	I	P	P	P	Y	R	N	R	F	P	A	U	U
G	Z	N	M	I	I	M	U	N	A	S	C	T	S	J
U	N	W	T	N	D	A	T	E	S	H	O	I	E	M
S	W	G	A	E	T	Y	N	O	S	A	N	O	M	X
T	C	A	B	S	R	Q	T	G	M	M	T	U	E	Q
V	S	D	K	S	G	E	E	H	E	E	E	S	N	N
A	H	S	A	D	N	E	S	S	N	R	M	N	T	D
O	X	A	C	U	C	D	W	T	T	S	P	E	D	O
S	A	C	G	U	I	L	T	J	N	Z	T	S	G	S
S	Z	J	S	W	W	S	U	R	P	R	I	S	E	Y

AMUSEMENT  
ANGER  
CONTEMPT  
DISGUST  
EMBARRASSMENT  
FEAR  
FLIRTATIOUSNESS  
GUILT  
HAPPINESS  
INTEREST  
LOVE  
PRIDE  
SADNESS  
SHAME  
SURPRISE



**FOOLS**

**QUIETLY**

**VENT**

**HOLD**

**THEIR**

**IT**

**ANGER**

**BACK**

**BUT**

**PROVERBS**

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**29:11**

**WISE**

