

# EMOTIONS





# Group Time Guide

**Supplies Needed:** Backpack, blocks.

## 1. Introductions and Snack

**Circle Up:** Have the Kid-Os follow you in a line. Start walking in a circle, then have them sit down. Encourage each Kid-O to say their name.

**Do This:** Give kids hand sanitizer, then hand each of them a snack.

## 2. Discussion Questions

- How did David feel in today's Bible Adventure? (Sad.)
- What did David do when he felt sad? (Talked to God.)
- Is there a time when you have felt sad?

## 3. Hands-On Option

**Do This:** Show kids the backpack and blocks. Talk about things that make us sad, like someone being mean, losing a toy, or fighting with our brother or sister. For each thing, put one block in the backpack.

**The Point:** It's ok to feel sad, but it's important to do something when we feel sad. Otherwise, we'll have so much sadness that it'll be hard for us to do much, like wearing this heavy backpack. What can we do that helps when we feel sad?

**Do This:** Suggest talking to God, talking to our grown-ups, and spending some quiet time. For each of these ideas, take a block out of the backpack.

## 4. Big Idea, Memory Verse, Stickers, and Prayer

**Do This:** Practice the Big Idea and Memory Verse with the kids, as time allows. You could use different voices, or simply have them repeat after you. Give each kid a sticker. Encourage them to talk about what they learned with their grown-ups.

**Do This:** Pray! "Dear God, we love you. Thank you for loving us. Thanks for helping us when we feel sad. Amen."