



**AT HOME**

**FAMILY LESSON - WEEK 1**

## 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!