



PARENT GUIDE

EMOTIONS WEEK 1 / I FEEL SAD

Welcome

What would you put on the perfect sandwich?

Small Group Activity

You'll Need

Per Kid	1 Comfort Card activity sheet
	1 heart bandage label
Per Group	1 set of markers

After Activity

Kids Keep	1 Comfort Card with 1 bandage label stuck on it
You Keep	Markers (save for later use)

To Do

1. **Give** each kid a Comfort Card activity sheet and a heart bandage label.
2. Kids **stick** the bandage sticker over the broken heart on the front of the card.
3. Kids **think** of a person they know who's sad and **write** that person's name in the card.
4. **Challenge** kids to give the card to the person it's for this week.
5. **If time allows**, kids **write** or **draw** an encouraging note or pictures on the inside of the card.

Choose questions to ask during the activity.

1. **How do you think these cards will comfort people?**
Answers will vary.
2. **What helped Harper, Mike, and Edison feel better?**
Talking together and praying

Discussion

Say the point and Bible verse together.

When I feel sad, God comforts me.

2 Corinthians 1:4 NLT

He comforts us in all our troubles so that we can comfort others. ...

1. **When God comforts you, what does the Bible verse say you can do for others?** *Comfort them*

Choose a few review questions.

1. **What things make you sad?** *Answers will vary.*
2. **What's the hardest thing about being sad?**
Answers will vary. Examples: it hurts, I feel like it won't go away, I don't like crying, etc.
3. **People show sadness in different ways. How did Harper, Mike, and Edison show sadness?** *Harper: Acted angry; Mike: Cried; Edison: Got really quiet*
4. **What are some different things God might do to comfort you?** *Give you peace, help your heart feel better, give you people to listen and help you, etc.*
5. **Is there anything you're sad about right now?**
Share it and pray about it together. *Answers will vary.*

Choose an action step question.

1. **If you feel sad this week, what can you do to get God's comfort?** *Talk to God about it, talk to a trusted friend, cry it out, read the Bible, etc.*
2. **How can you comfort someone who is sad this week?** *Answers will vary.*

Pray together.

1. **Ask** kids to share things they'd like to pray about.
2. **Write down** their prayer requests.
3. **Pray** together over the prayer requests.

Not sure what to pray? Pray this: God, thank You for comforting us when we're sad. Please help us comfort others with Your love. In Jesus' name, amen.

Check Out

Stay in small groups until kids are checked out.