

WINTER
2020

Middle School

WEEKLY CUES

YOU GOT
THIS!

Theme

Moods

THINK ABOUT THIS:

One of the biggest challenges your middle schooler faces on a daily basis is managing their moods. They're feeling a lot of feelings, many of which they may be experiencing for the first time. Because of that, they struggle to name, express, or acknowledge their feelings in this phase. That's why we're doing a four-week series called *Moods* designed to help students develop an awareness of their feelings and the emotional vocabulary to express their moods in a healthy way.

Week One

Mark 7:20-23; Matthew 11:28

Emotions don't have to be the boss of you.

Week Two

James 3:13-1; James 4:1-2

Anger doesn't have to be the boss of you.

Week Three

Matthew 8:23-27; 1 Peter 5:7

Fear doesn't have to be the boss of you.

Week Four

Romans 8:1-2

Guilt doesn't have to be the boss of you.

REMEMBER THIS

"There is no condemnation for those who belong to Christ Jesus."
Romans 8:1, NLT

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DAILY CUES



Morning Time

Post a copy of the Feelings Wheel somewhere your family can see and reference it easily. When someone in your family struggles to express themselves or what they're feeling, go back to the Feelings Wheel to help articulate those feelings.



Drive Time

The next time you have a moment of anger toward your kid, make an effort to talk about it after the fact. Acknowledge the way you acted in anger, own your part of the conflict, and even apologize for where you acted out of line. Lead by example in handling your anger in healthier ways for your kid.



Meal Time

Your kid may struggle to share mistakes they've made for fear of consequence or worse, disappointing you or harming your relationship. Come up with a code word or phrase your kid can use to let you know they need to talk to you about something they may be feeling guilty about. This will give them a safe way to approach you and give you time to contemplate how you'll respond in both honesty and love.



Bed Time

Make it a movie night! Before bed this week, take time to watch Inside Out together as a family. Let the movie be the catalyst for conversations about the many feelings your kid may be experiencing.

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