

How are you feeling today?

I'm feeling angry.

Did you know that even Jesus got angry sometimes?

The Gospel of John tells the story of Jesus whole life from when he was born to when he died and went to Heaven. It has a lot of details and stories of Jesus and one of them is a story about when Jesus got really angry with people who were taking advantage of (or cheating) other people.

Here is John Chapter 2, verses 12 through 16:

Then Jesus went to the town of Capernaum with his mother, brothers and his followers.

They all stayed in Capernaum for a few days. But it was almost time for the Jewish Passover Feast. So Jesus went to Jerusalem. In the Temple he found men selling cattle, sheep, and doves. He saw others sitting at tables, exchanging money. Jesus made a whip out of cords. Then he forced all these men, with the sheep and cattle, to leave the Temple.

He turned over the tables and scattered the money of the men who were exchanging it.

Then he said to those who were selling pigeons, "Take these things out of here! Don't make my Father's house a place for buying and selling!"

This story shows us that Jesus had feelings--just like us. It also tells us that sometimes even God thinks it's okay to be angry--especially if someone is being mean to someone else. Jesus flips the tables upside down and screams to let his angry feelings out. As much as we want to do that, let's try to practice other ways of letting our angry feelings out.

Let go of your angry feelings by:

yelling into a pillow

telling an adult how you feel

praying to God

snuggling a blanket

listening to your favorite song

petting an animal

doing a finger labyrinth
(see other side)

making a still glitter jar
(see other side for instructions)

How are you feeling today?

I'm feeling angry.

DIY Glitter Still Jar

What You'll Need: A Plastic Bottle or jar (great for recycling!)
Colorful Glitter (your choice!) Warm Water
Dish Soap Super Glue/Hot Glue Gun
Food Coloring (optional) Baby Oil (optional, but so good!)

Empty your bottle, take off all labels, and fill halfway with baby oil (or fill completely if you are doing it all water--oil just makes it slow down!).

Add glitter, food coloring, and two drops of dish soap (this keeps glitter from sticking to itself). If using oil, fill rest of bottle with water.

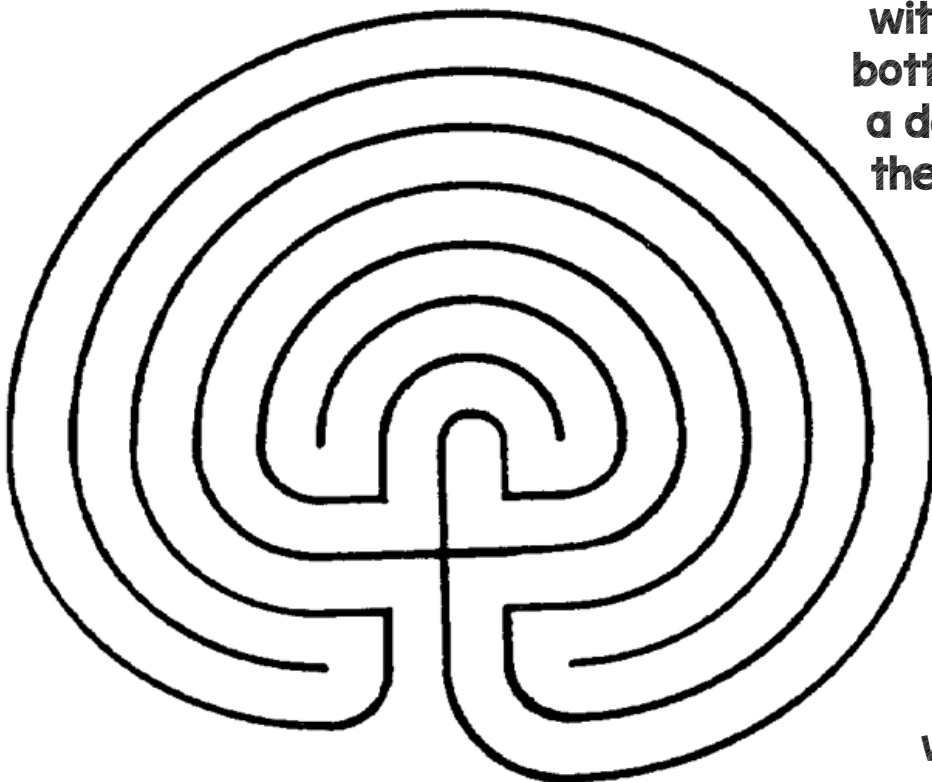
Add a dab of hot glue or super glue to the lid and screw it on!

Just like your big feelings, shake up your glitter jar & watch it swirl like crazy. Then set the jar down, watch it swirl and breathe.

As you breathe and are still, the glitter starts to slowly settle & calm down. Watch until you can see through the jar again.

Reminder: We don't want our feelings to disappear, we just don't want them to block our view of what is really going on and ruin our whole day.

Finger Labyrinth



Trace this maze looking picture with your finger starting at the bottom, going to the middle, take a deep, deep breath, and follow the maze back out to the start.

Do it again if you need to!

Prayer

Dear God,

Sometimes I get so angry I could slam doors and stomp my feet and yell. Help me to let out my anger in better ways so I can feel good again.

Amen.

How are you feeling today?

I'm feeling happy.

Another word for happy is joyful and there are lots of bible stories about joy! One of my favorite camp songs is based off of Isaiah 55. The scripture says this:

The Lord says, "All you who are thirsty, come and drink.

Come to me and listen. Listen to me so you may live. I will make an agreement with you that will last forever. I will give you the blessings I promised to David.

So you will go out with joy. You will be led out in peace. The mountains and hills will burst into song before you. All the trees in the fields will clap their hands.

And my song goes like this:

**You shall go out with joy
And be let forth with peace,
And the mountains and the hills
Will break forth before you.**

**There'll be shouts of joy
And the trees of the fields
Will clap, will clap their hands.**

**And the trees of the fields will clap their hands,
And the trees of the fields will clap their hands,
And the trees of the fields will clap their hands,
While you go out with joy.**

**Repeat the whole song getting faster and faster
until you can't sing it any faster! If you don't know
the song, find it on youtube and sing along!**

When we are happy or joyful, it is important to think of all of the things that make us joyful and thank God for them.

Ways to thank God for our joy:

compliment someone

doing a nice thing for someone

thanking God through prayer

calling a relative

writing a letter to someone

going on a walk and looking all around

host a dance party

tell a friend a joke

(even if it's just a party of one!)

do your favorite activity

How are you feeling today?

I'm feeling happy.

Top 5 List

Write down your top 5 favorite things that make you happy. Once you've written them down, thank God for each of them out loud by saying, "thank you God for..." and then read your list!

1. _____
2. _____
3. _____
4. _____
5. _____

Happy Place

Grab a piece of paper and some magazines or books that are okay to cut up. (ask an adult before you cut anything!) Flip through the book looking for things that make you happy. (mine would be filled with animals, rainbows, and people smiling!) You've now made a "happy place!" Put it somewhere special so you can look at it when need to.

Nature Walk Version:

Go for a walk in your neighborhood, a hike through the woods, or just explore your backyard. Pick up flowers, small sticks, leaves, and rocks that make you happy. Put them in a box and put it somewhere special to bring out when you need to remember your happy place.

Prayer

Dear God,

Thank you so much for a heart full of joy! Help me to spread this happy feeling in my heart to everyone I see today. Amen.

How are you feeling today?

I'm feeling sad.

Did you know Jesus was sad, too? Jesus was known in his community as a healer, like Doctors are today! When people were sick, they would bring them to Jesus. Martha and Mary (Jesus' friends) had a brother named Lazarus. They hoped that Jesus would come and heal him.

Jesus was worried and tried to come! But he was too late and his friend Lazarus passed away. When Jesus finally got there, everyone was crying. When he saw his friend had died and everyone crying, Jesus started crying too.

We believe that everything that you're feeling--whether you're scared, happy, sad, or any other one--you can pray to God to help you with that feeling because God has felt that way before, too. When I think about the times that I've been sad, the best thing to cheer me up was a friend who rubbed my back, held me, or just sat there with me while I was sad. Jesus can be that friend for you if you're not ready to talk to someone else yet.

Once you're ready to talk to someone else, you can ask your parents, grandparents, guardians, or even ME to sit down and talk about your feelings with you--that always helps me!

Things to do when we're sad:

Hug a family member or stuffed animal

Go for a walk

Talk to God

Cry to an adult you trust

Call a friend or relative

Listen to music

Take a bath

Paint a Picture

Read your favorite book

How are you feeling today?

I'm feeling sad.

Sadness Checklist

Sometimes it's hard to understand why we are feeling the way you're feeling. I've sometimes felt that way--where a friend or family member asks, are you okay? And when I say "no," I can't quite figure out why I'm feeling sad or upset.

Go through this checklist and make sure it's not one of these things:

When was the last time you drank a glass of water?

If it has been longer than an hour, go drink one now!

How did you sleep last night?

If you didn't, find time to put your feet up and close your eyes.

When was the last time you went outside?

Try to go for a walk (while keeping a distance from others) or play in the backyard!

Have you had fun today?

When was the last time you laughed? Watch a funny youtube video, call or text a friend, or look up funny jokes to tell!

Have you prayed today?

No matter how you're feeling, God wants to hear it.

Prayer

Dear God, I'm feeling sad today because _____

Help me to remember that I am never alone because you are with me. Thank you for _____

Be with _____ Amen.

How are you feeling today?

I'm feeling scared.

It's okay to feel scared! I feel scared sometimes when things change. Even though I like to do different things, I really like it when I have a routine, which means I have different times during the day when I play, learn, and eat. When I am not on a routine, I can get grumpy, cranky, or even scared.

Sometimes when you're feeling scared, doesn't feel like a scary movie. It can feel like what we call anxiety, which means you're nervous. Maybe you're about to go in front of a big crowd? That makes some people nervous! Other people might feel nervous if things aren't a certain way or if other people are scared.

Something that helps Christians (people who love God and follow Jesus) is to read scripture. God's people have been faithful, but they've also been scared a lot of times too. Here's what God has to say about fear:

Psalm 27:1

Light, space, zest - that's God! So,
with him on my side I'm fearless,
afraid of no one and nothing.

Psalm 118:6

God's now at my side and I'm
not afraid; who would dare
lay a hand on me?

Deuteronomy 31:6

Be strong. Take courage. Don't be intimidated. Don't give them a second thought because God, your God, is striding ahead of you. He's right there with you. He won't let you down; he won't leave you."

Ways to let go of scared feelings:

Breathe in for 10 seconds, hold your breath, and slowly breathe it out.

Talk to someone you trust! (I always feel better when I share my feelings with others.)

Go for a walk and notice all the little things: rocks, the sun, flowers, what else?

Pray to God

How are you feeling today?

I'm feeling scared.

Talk it Out

Ask a trusted adult about a time that they were scared or felt anxious. What was scary to them? What did they do with those feelings? What helps them when they're scared?

Maybe after they've told you what helped them when they're scared, you'll feel more comfortable to share why you feel scared or anxious. Then you can brainstorm different ways to let go of those feelings to have a better day.

Make a Plan

Chances are that if you're scared of something today, you might be scared of it another day, too. First, you should know that many of the things you're scared of is something other people are scared of, too. Lots of people are scared of the dark, bugs, big animals, going to the doctor, or imaginary things at night.

Sit down with a trusted adult and come up with a plan: when do you get scared? What can you do when you know something scary is going to happen? How can you keep yourself calm when you're facing something that gives you anxiety?

Examples:

Scary Thing:
Dark/Being Alone at Night

Ask for a nightlight and turn it on before dinner so your room will be lit up. Come up with a nighttime routine like reading a book with an adult and ask them to sit there until you fall asleep for a few days. Then just read the book together and have them step outside for a few days with the door cracked. Eventually, you can just read to yourself and fall asleep. Be patient and graceful!

Scary Thing:
Change/No School

New things can be scary--but remember that everything was new once! When you were a kindergartner, you had to get used to school and being away from your family for a long day. Try to see if there are ways to bring your old stuff into your new routine. If you're missing school, reach out to a teacher or set certain times to do certain kinds of work just like you have at school!

Prayer

Dear God, I am so scared/nervous/anxious. Help me to feel not alone and reach out for help from my friends and family. Amen.

How are you feeling today?

I'm feeling curious. (Use this page if you're bored!)

Curious is one of my very favorite feelings! It's when you can't stop asking "why?" when someone tells you something! You can't stop wondering WHY things are they way that they are.

In the book of Genesis, we find out that God made us in God's image--that means that we are like a mirror of who God is and that we have little parts of who God is in ourselves. That means that God gave us a brain and wants us to use it to learn and grow.

Churchy Crossword Puzzle

Down

1. The Season of the Church we're in now
2. The name for what we call when we talk to God
3. A name for God that means Maker
5. Our role model in the faith, God as a human
8. Speech that takes place in a Church

Pastor Kate has butterflies growing at her house. Ask your parents to follow @wpcfamilies to see them grow!

Across

4. Name of person who leads worship services
6. Hearts symbolize this word
7. Holy Book that we read from
9. The 4 first books of the New Testament
10. Symbol of Christianity (where Jesus died)

Things to do if you're bored:

Play a Game

Make up a Dance

Make a book with pictures

Do a Nice Deed

Learn the alphabet backwards

How are you feeling today?

I'm feeling curious.

Do an interview

A lot of the adults in your life are home for awhile and they might just be as bored as you are! Grab an adult you know (this is a great opportunity to call up a relative you haven't talked to in awhile) and ask them some questions, like: (maybe even film it and make a video of it using your ipad, tablet, or phone!)

What is your favorite memory from when you were my age?

Where were you born and what was your school like?

Did you get an allowance? What were your chores like?

What did you want to be when you grew up at my age?

What was your favorite toy growing up? Did you play sports?

Did you go to church growing up? What was it like?

Did you have a nickname?

What did your friends call you

What was your first job?

Once you're done with your interview, pretend like they are a famous person and write a book about them. It's called a "biography." Draw or print out pictures of them. If you filmed your interview, put it all together and host a watch party with your family!

House Scavenger Hunt

How many bibles do you have in your house?

Do you have anything that says Westminster Presbyterian Church?

Are there any bible verses hanging in your house?

Which room is your favorite room?

Go through each room and thank God for what happens in that room. (cooking and full bellies in the kitchen, sleep and playing in your bedroom, a place to take a bath in your bathroom, what other rooms?)

Prayer

God, thank you for giving me a brain to play and learn and think! Amen.