

NOTE TO PARENTS: The goal of this series is to teach kids how to live out their faith in the day-to-day, talking with God in the everyday moments without it feeling like faith is something to check off a to-do list.

Each week will follow a theme and have a list of suggestions that can be slotted into your daily routine. Please don't feel pressured to do everything! Pick a couple of things you think your kids will enjoy. This isn't meant to be a sit down lesson, but easy-to-put-together activities that can be done whenever you have a chance. A lot of the content is play based, using games as a tool to get kids thinking about God and creating intentional conversations.

WEEK EIGHT: What does the bible say about...**ANGER?**

Aim: For kids to understand that feeling angry is normal, but we also need to exercise self-control.

(The bible gives us examples of anger at injustice being a righteous indignation. BUT anger where we lose control is something the Holy Spirit will help us get in check. We can be angry but still in control and able to chose love or grace in those moments over blind-rage or hatred. There's a big difference between the two.)

Memory Verse Ephesians 4:31-32 NLT
Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. ³² Instead, be kind to each other, tender hearted, forgiving one another, just as God through Christ has forgiven you"

Suggestions:

- Make a poster with the memory verse. Post it somewhere you will see it often.
- Set yourself a goal to learn 5-6 words of the verse each day. Revise the ones you did the day before as you go. Give your self a reward if you hit the goal.
- Sing the verse to the tune of 'Head Shoulders Knees and Toes' to help you remember.

Things to do...

Suggestions:

- Do an experiment. Put baking soda in vinegar or Mentos in coke. (Do these outside! They can get messy.) LINK: Anger can be explosive. Ask your kids how they feel when they start to get angry. Talk about ways they can try to control their anger.
- Make a 'Calming Glitter Jar'. LINK: If your kids start to get worked up, they can shake the jar and watch the glitter start to settle to help them calm down.
- Make slime. LINK: Sometimes anger makes us want to be aggressive. Kids can squish and punch the slime and take some

of their anger out in a safe way. Self control doesn't mean bottling the anger in us; it's a choice to not cause harm in expressing our anger. Walking away in the moment and turning to prayer, peaceful protest, journaling words to release them instead of saying hurtful things, punching a pillow, talking with a safe person about how we feel or squishing slime as hard as we can. These are some ways we can express anger while still exercising self-control in loving those around us.

CALMING GLITTER JAR/SLIME TUTORIAL :

<https://www.youtube.com/watch?v=QVTz1ks-5sE>

- Play with balloons (Balloon tennis or volleyball, don't let the balloon touch the floor, or google other games you can play) LINK: Balloons can pop, talk with your kids about how anger can make us feel like we're going to pop. What can we do to diffuse our anger?
- Do an experiment with balloons. Hold a balloon over a flame, it'll pop. Put some water in a balloon and hold it over a flame. It shouldn't pop. LINK: The Holy Spirit in us helps us to have self control when we feel angry.
- Self Control Challenge Leave a bowl of candy accessible to your kids and ask them not to eat any until later in the day (give them a set time). Chat about the challenges of exercising self control, how we can encourage one another when we're struggling and the rewards of it too.

Things to watch...

Suggestions:

- Right Now Media has some great resources. If you don't have an account, please email the church and we'll set you up with a free login.
- 1. Sea Kids, Episode 9 'Grudge or Grace/Faith over Fear' (The first part of the episode covers anger)
- This video on YouTube is 4-minute interview with kids talking about how they feel when they're angry, and how they calm themselves down. 'Just Breathe' <https://youtu.be/RVA2N6tX2cg>
- The movie "Ferdinand" (A bull who would rather live a peaceful existence than fight with others) LINK: The movie shows the power of choosing peace over anger; and how that choice is surprising to some people.

Things to read...

Suggestions:

- Jesus arrested in the garden (Matthew 26:47-56) LINK: Jesus was betrayed by one of his friends. His followers lash out in anger, Jesus shows self control and kindness. He could summon armies in retaliation, instead he asks them to put their weapons down and heals the injured man. (To help your kids engage with what's happening in the scripture you could ask them to recreate the scene with toys)

Things to think about/talk about...

Suggestions:

- What makes you angry? How do you respond?
- Are self control or kindness easy responses?