



GOD'S GOOD PLANS

ACTIVITY | LESSON 4

EMOTIONS: ACT IT OUT

In this activity, your child will have fun discovering different emotions. We learn from Hannah that we can tell God how we feel. To tell God, we need to identify how we feel. By doing this activity, your child will see that there are different feelings and emotions we can share with God.

DIRECTIONS

1. Print out the Emotion Face printable.
 - Option: Create your own emotion faces using the printable as a guide.
2. Help your child cut out the different emotion faces.
3. Go over what each emotion is and practice different ways to act it out.
4. Put all the emotion faces in a bucket.
5. Take turns picking an emotion face. Act out that emotion for another person to guess.
6. Use the talking points on the printable to have conversation about the different emotions.



SUPPLIES NEEDED



Emotion
Face
printable



Scissors



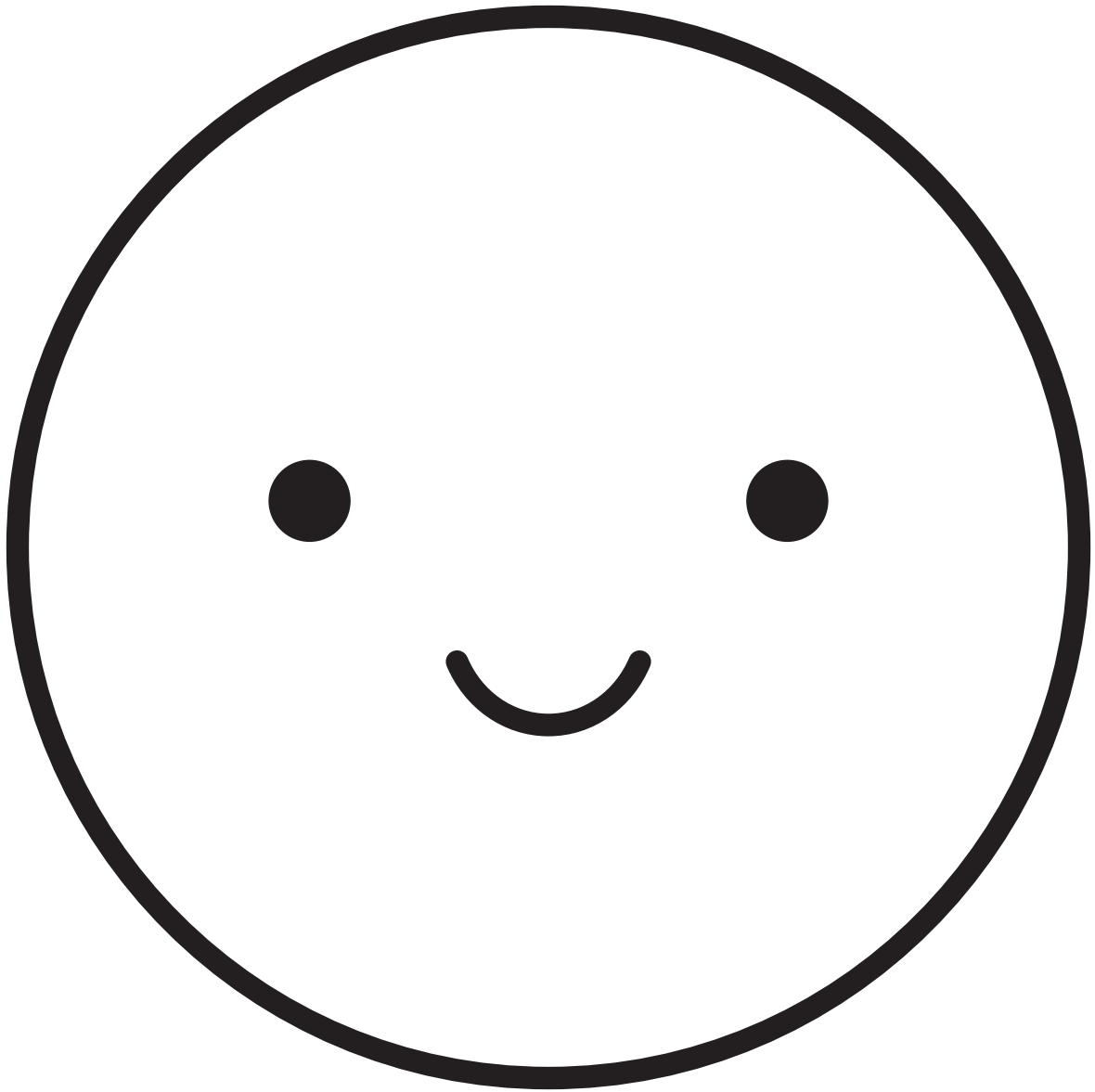
Bucket

BIBLE CONNECTION

"For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope."

Jeremiah 29:11

God loves us so much and he has good plans for all of us. It makes God happy to hear how we are feeling. He cares about you and the things you care about, too.



Happy

There are good things to celebrate,
enjoy, and have fun.

What are somethings
that make you happy?

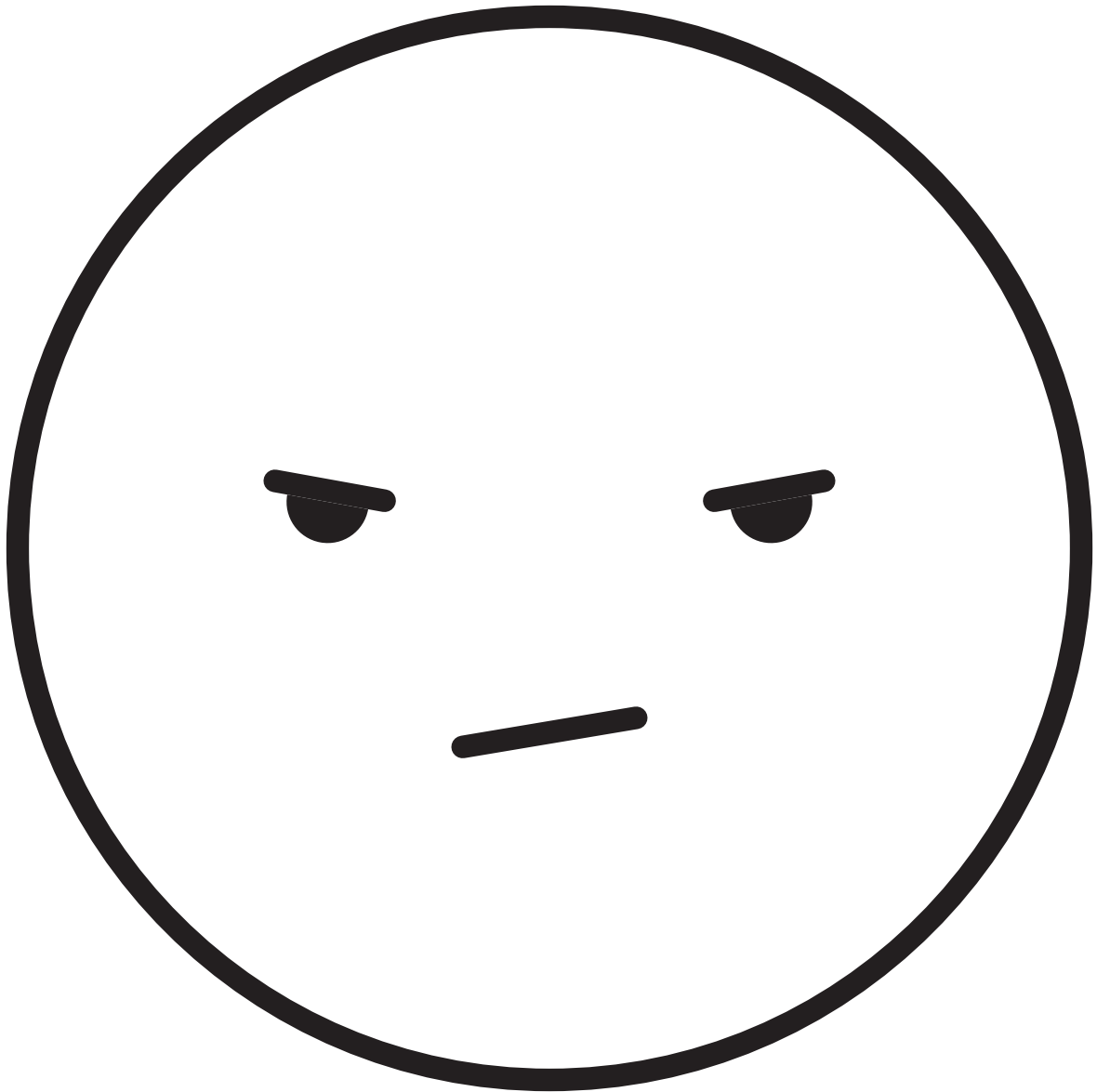


Sad

Sometimes things make us sad.

God feels sad sometimes, too.

Who can you talk to if you feel sad?



Angry

If someone does something you don't like you might feel angry. You can tell people if you are angry. Jesus got angry, too, when people did bad things. What are some things that make you angry?



Excited

It is fun to be excited about things you get to do and like to do. What are some things that make you feel excited?



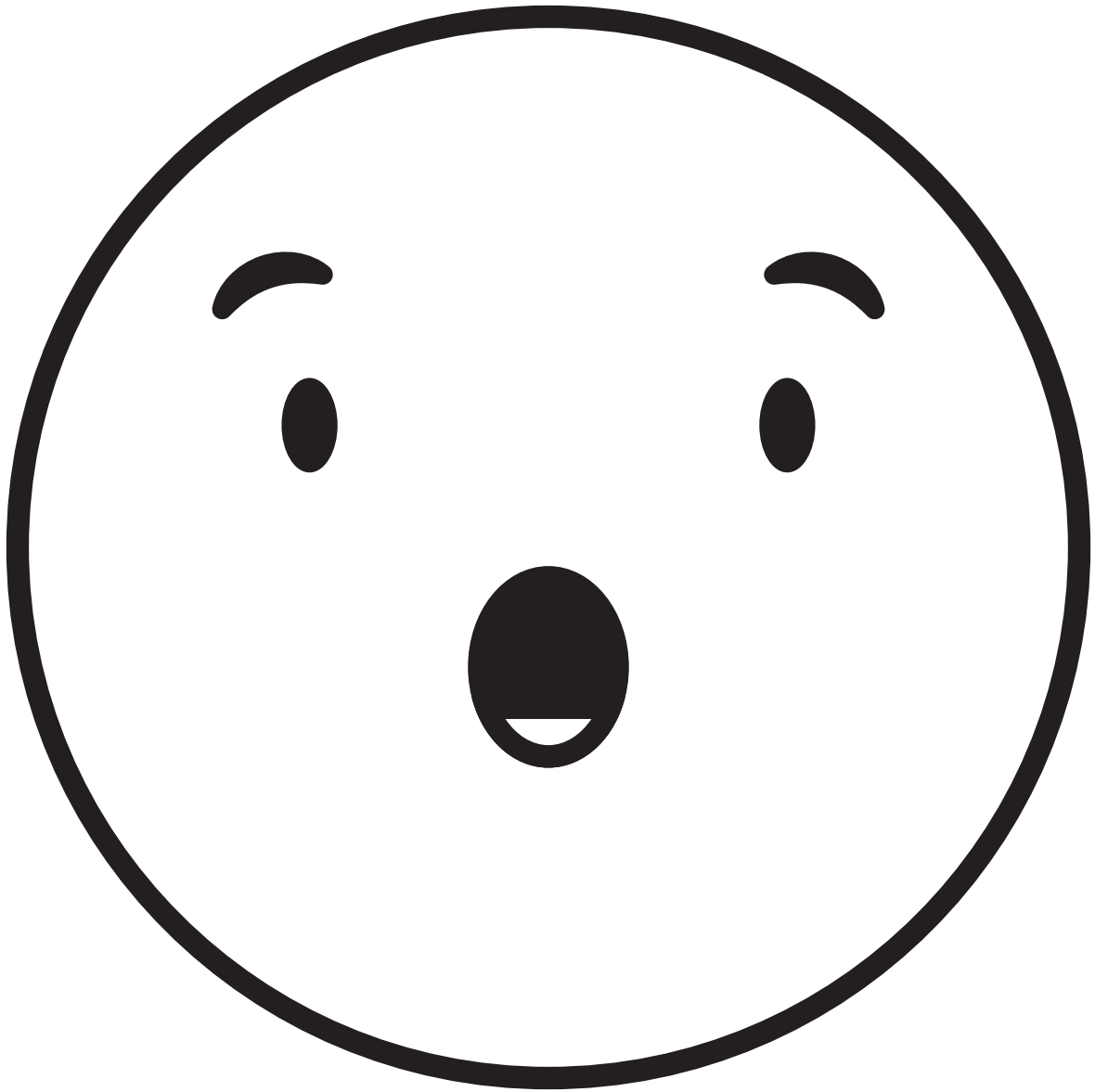
Scared

Some things seem scary. God loves you so much and is bigger and stronger than the scariest things. Who can you talk to if you feel scared?



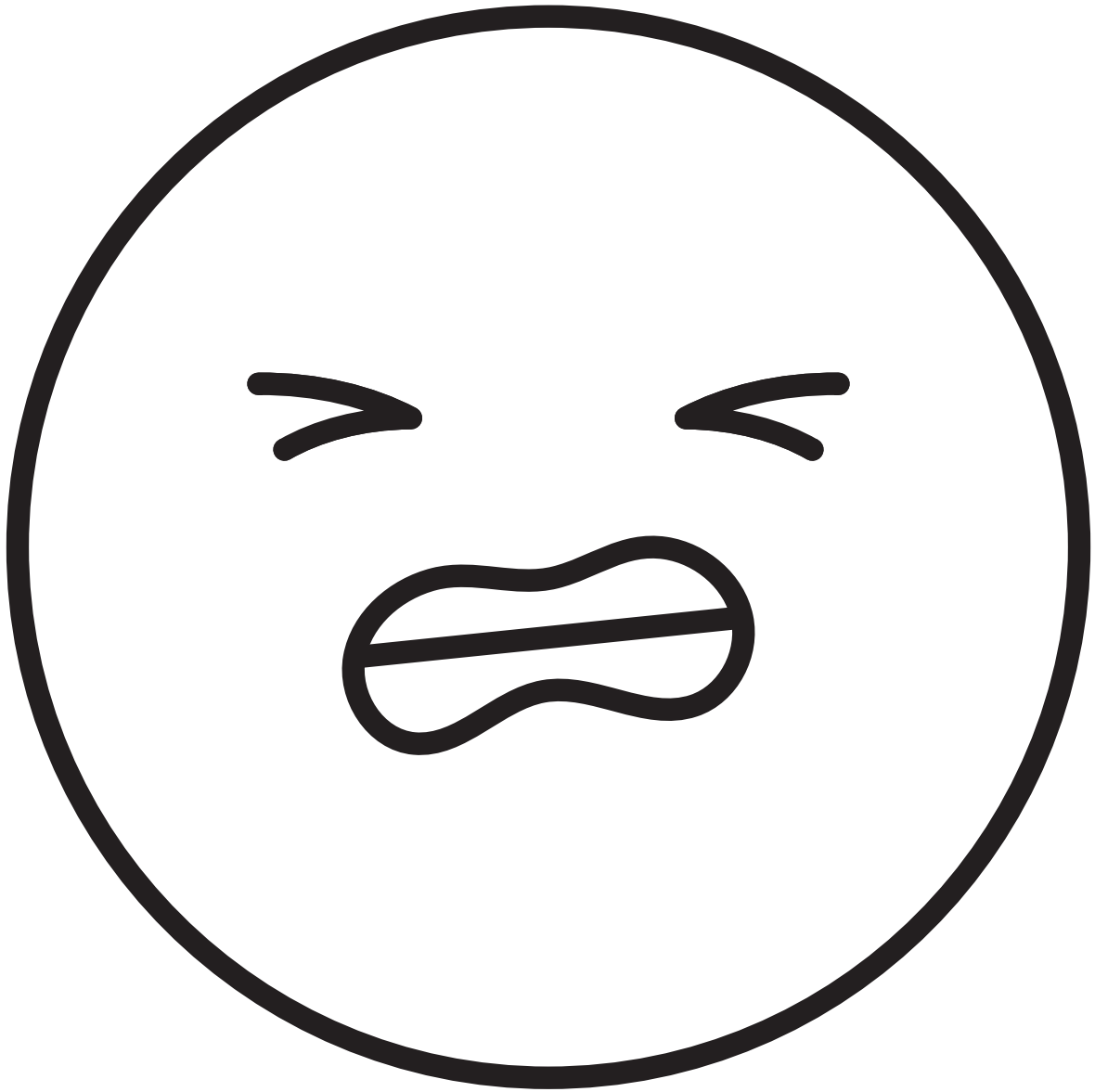
Silly

Some things are funny and make us laugh. Have you ever thought about God laughing, too? What are some things that make you feel silly?



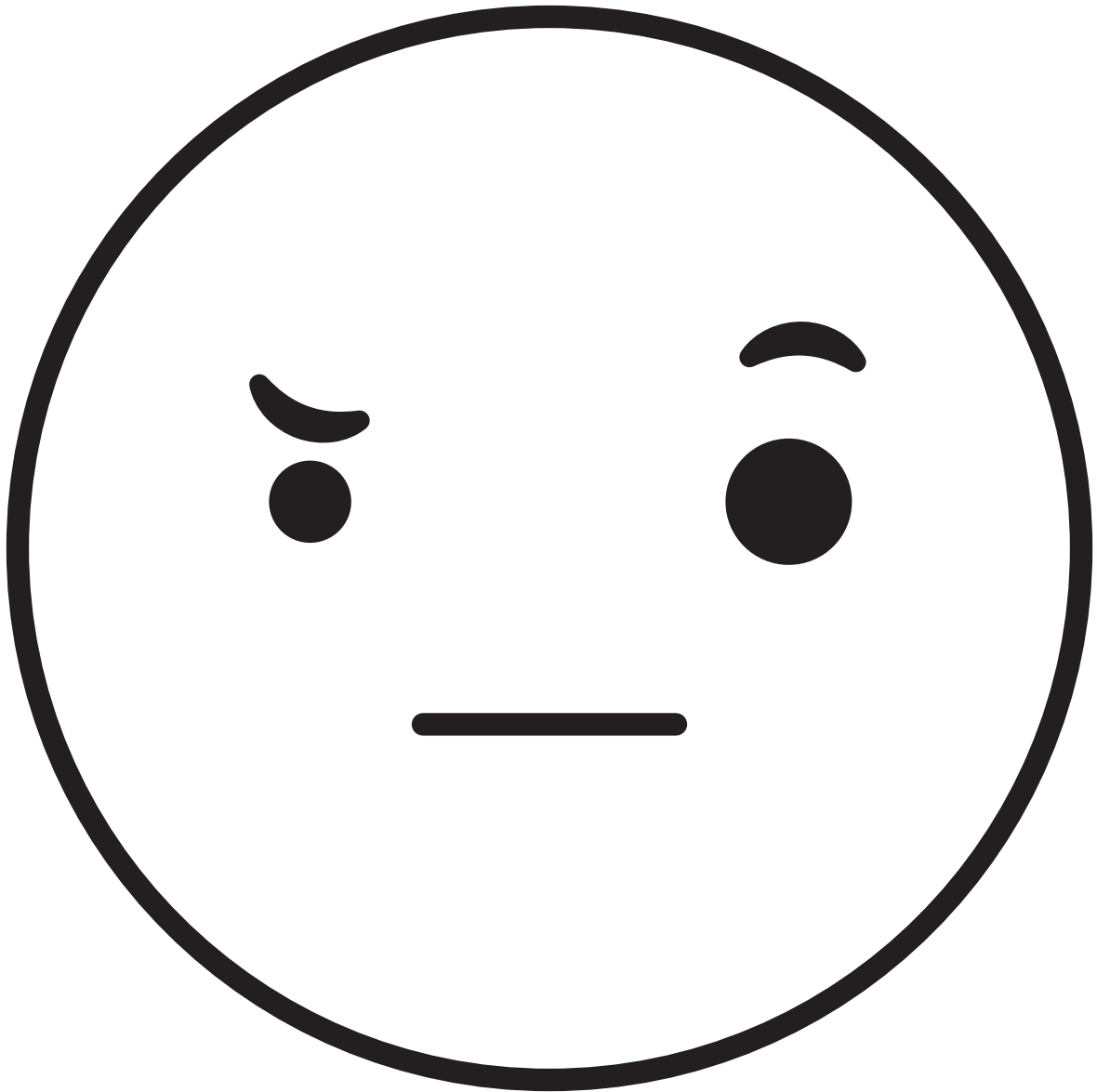
Surprised

We might feel surprised if we didn't know something was going to happen. There are good and bad surprises. God isn't surprised by anything. He knows what will happen and promises to work all things out for good. What are some surprises you like?



Frustrated

It can feel frustrating if you can't do something you should be able to do or want to do. What can you do or who can you talk to if you feel frustrated?



Confused

When you are confused, you do not understand something or why something is happening. You might have questions and thoughts. Who can you talk to when you are confused? What are some things that are confusing to you?