

## LESSON 7 SNAPSHOT

**BOTTOM LINE:** We can talk to God about how we feel angry.

**TAGLINE:** How are you feeling?

**OBJECTIVE:** Little ones will learn, “God can help me when I’m angry.”

**KEY PASSAGE:** Psalm 59 and 1 Samuel 19:9-13

**MEMORY VERSE:** “Lord who rules over all, blessed is the person who trusts in you.”  
Psalm 84:12 (NirV)

**SUMMARY:** David had every right to be angry. Saul had sent men to kill him. But instead of lashing out, David took his anger to God. He wrote a psalm asking God to get rid of his enemies.

**SIMPLE PRAYER:**

Dear God,  
Help me to talk to you (Help me to talk to you)  
When I feel angry (When I feel angry).  
Amen (Amen)

## SPECIAL 1 PAGE LESSON FOR 1 AND 2 YEAR OLDS:

**PLAY TIME:** Spend the first 15 minutes on the floor playing with the kids. Cars, dolls, blocks, and simple puzzles are great for this time.

**BIBLE TIME:** Seat the kids in the place they will be having snack. Hold up a Bible or Illustrated Kids' Bible and say, "This is the Bible. God wrote the Bible. Everything in the Bible is true." Then allow each child to pat the Bible with his hand.

**LESSON:** "Today we are talking about when we feel angry. It is okay to feel angry sometimes. When we do, we need to talk to God about it. He will help us in our anger!"

**MAKE IT REAL:** After the lesson say, "God can help me when I'm angry!" Point to each child and say (child's name) "can talk to God when you feel angry."

**PRAYER TIME:** Ask the children to fold their hands and bow their heads. Say, "Let's pray before our snack. Thank you, God, for our families. Thank you for loving me. Thank you for this snack we get to eat. Amen."

**SNACK TIME:** Wash each child's hand with a wet wipe and then serve the snack. At this age crackers or goldfish with water are generally best, but you always want to be mindful of any food allergies.

**POTTY BREAK:** After snack is a great time to ask those who are potty trained if they need to use the bathroom, or change diapers of those who are not yet potty trained.

**PLAY TIME:** Finish the day with more playtime until it's time for dismissal.

## MEMORY VERSE:

*“Lord who rules over all, blessed is the person who trusts in you.” Psalm 84:12 (NIRV)*

### **LARGE GROUP MEMORY VERSE ACTIVITY:**

“Lord who rules over all (spread arms out in front of you), blessed (puts hands on cheeks and smiles) is the person who trusts (puts hands on heart) in you. (Point up at heaven.)”

Practice the hand motions with the memory verse. Encourage kids to say the verse as they do the motions.

### **SMALL GROUP MEMORY VERSE ACTIVITY:**

Go around in a circle and ask each kid to share how they feel right now. Take note of or write down how they each feel.

Say, “Like our memory verse says, ‘blessed is the person who trusts in you,’ we can trust God enough to tell him how we feel! We can tell him when we are happy, sad, angry, and more. When we talk to God about how we feel, He helps us to know what to do about our feelings. God gives us wisdom when we pray to Him.”

Say a prayer for each child and ask God to give them wisdom.

## PUPPET SHOW:

### How are You Feeling?

**ITEMS NEEDED:** Small blanket and blue dog ball

### CHARACTER BREAKDOWN:

Dog Puppet - Willow

Kids - Audience

### CHARACTERS:

Willow the Dog

Interactive Audience

*(Willow hides under his blanket.)*

WILLOW: GRRRRR

*(Willow peeks out of his blanket, and then goes back in.)*

WILLOW: GRRRR. I am so mad.

*(Willow comes out of his blanket and looks at the audience.)*

WILLOW: Uh! I feel so frustrated. So angry that I don't know what I should do. Do you guys know what I should do?

*(Willow looks at the audience and waits.)*

WILLOW: If you have a good idea of what to do when you are mad, raise your hand and I'll call on you.

*(Willow calls on a few kids to share.)*

WILLOW: Okay. Those are good ideas. Sometimes sharing how you feel with others helps. I told you guys that I felt angry, and that helped a little. At least I don't feel alone. Taking a deep breath is good too. One other thing I can do is talk to God about it too. We might feel like God is disappointed in us for being angry...but that isn't true. God knows that we feel angry sometimes. We can talk to Him about it. God can help me when I'm angry. Here goes...

*(Willow jumps under this blanket again to pray.)*

WILLOW: Dear God. I feel mad right now. Someone took my favorite toy in the whole entire world. My blue ball. I can't find it anywhere. I know someone took it. It's because it is the coolest ball in the world. Anyone would want it. Please help me, God.

I don't know what to do when I'm angry.

## PUPPET SHOW PAGE 2:

(Willow comes out from under his blanket.)

WILLOW: It's good to know that God cares about how I feel. Even when it's a yucky feeling like anger.

(Someone off stage and out of sight rolls a blue ball gently onto the stage.)

WILLOW: What! It's my ball!

(Willow runs to his ball and gets it.)

WILLOW: Do you think the person who stole it gave it back?

(Willow looks around.)

WILLOW: Or maybe...maybe I just lost it under the couch again and my owner found it for me and rolled it over to me...yeah....that's probably what happened. I forgot that I lose it under there sometimes!

(Willow laughs.)

WILLOW: Well, this time, God showed me why I don't need to be quick to be angry. Sometimes, we get mad and then we realize that no one did anything to us. Sometimes people do hurt us and it makes us mad. When that happens, God will give us wisdom to know what to do in those circumstances too! I just know He will. Because God is faithful! He helped me with my anger today. Next time, I won't be so quick to get mad until I really know for sure what happened.

(Willow gives his ball and blanket a hug.)

WILLOW: Guess how I feel now?

(Willow looks at the kids for an answer.)

WILLOW: Well? I can't hear you. How do you think I feel now?

(Willow leans in to listen.)

WILLOW: That's right! I FEEL HAPPY AND I FEEL EXCITED TO PLAY BALL! See you later friends!

(Willow takes his ball and blanket and runs off stage.)

## CRAFT

**Talk to God about how you Feel**

**ITEMS NEEDED:** Crayons, colored pencils, or markers.

**ADVANCED PREPARATION:** Create a worksheet with different feeling emojis such as happy, sad, angry, silly, etc. At the top of the page type, “Talk to God about how you Feel!” At the bottom of the page leave space for kids to draw a picture.

**DIRECTIONS:** Read the title to the kids. Ask them to color the emoji feelings that they most feel like right now. Then ask them to color other emojis that they have felt in the past. Finally, ask them to draw a picture showing them talking to God. Draw where you most like to talk to God.

## HANDS-ON ACTIVITY

### TOYS!

**ITEMS NEEDED:** Get out toys that kids often play with during free time at church, such as animal toys, dolls, dress-ups, cars, etc.

**ADVANCED PREPARATION:** Create stations with the different types of toys. For instance, a block station.

**DIRECTIONS:** Tell kids to all go to their favorite station in the room. Ask them not to touch any toys yet, but to stand next to them. Tell them that, “Sometimes we can feel mad when someone else is playing with the toy we like.” Ask volunteers to raise their hands and tell everyone what they can do if they feel mad about someone playing with their favorite toy.

Remind kids that if they feel mad, they should take a deep breath, pray to God about it, and then politely ask their friend for a turn with the toy when they are done. “Sometimes friends will give us a turn and sometimes they have a hard time sharing. In this case, it is good to talk to a grown-up about how this is making you feel and ask them if they can help that friend share with you.”

Allow kids free play time with toys and tell them you are available to help if they need to talk about how they feel during this time.

## SNACK

**ITEMS NEEDED:** Gummies (Consider Annie's gummy fruit snacks for healthier options.)

**ADVANCED PREPARATION:** Post a sign outside the preschool area that says: "Today's snack is Gummies. Please let your child's teacher know if it is not ok for your child to have this snack."

**CONNECTION:** Tell the kids, "Just like Willow's favorite toy ball, and your favorite toys...gummies are often a favorite snack for kids. How would you feel if someone shared gummies with you? How would you feel if we ran out of gummies and there weren't enough for you? No matter how we feel, God is there with us to help us with our feelings."

## MAIN LESSON

**BOTTOM LINE:** We can talk to God about how we feel angry.

**TAGLINE:** How are you feeling?

**OBJECTIVE:** Little ones will learn, “God can help me when I’m angry.”

**KEY PASSAGE:** Psalm 59 and 1 Samuel 19:9-13

**WORSHIP TIME:**

Prior to the lesson, sing one or two songs with the kids. Use CDs or live lyrics of songs that the kids are familiar with.

**LESSON:**

How do you feel? Have you ever felt angry before? Sometimes we feel mad when there actually isn’t anything to be mad about...like when Willow was mad about someone stealing his ball, and no one did! Sometimes we feel mad because something really has happened that upsets us. This is what happened to David in the BIG BOOK OF EMOTIONS. David felt mad because someone did something mean to him. No matter why we feel mad, we can talk to God about it. **WE CAN TALK TO GOD ABOUT HOW WE FEEL ANGRY.** God cares about how we feel and He can help us with our big emotions.

What does it look like when we feel mad? Can everyone make an angry face? I want to see what you look like when you are mad. Wow! Yes, I can tell you are mad by the way you look. If you ever see someone looking mad, oftentimes it is good to give them some space to calm down. We don’t want to crowd them and give them the opportunity to do anything inappropriate out of anger. **IT’S OKAY TO FEEL MAD!** It’s just not okay to hurt others when we feel that way. That is why it’s so important to give people space and tell them you are there if they want to talk about how they feel. Also, if **YOU** feel mad. You can always talk to God about it or ask a grown-up for help.

Okay. Let’s find out what made David soooo mad! Let me see your angry faces again! **GRRRR!**

**READ:**

9 “But an evil spirit sent by the Lord came on Saul. It happened as he was sitting in his house and holding his spear. While David was playing the harp, 10 Saul tried to pin him to the wall with his spear. But David got away from him just as Saul drove the spear into the wall. That night David escaped.

11 Saul sent some men to watch David’s house. He told them to kill David the next morning. But David’s wife Michal warned him. She said, “You must run for your life tonight. If you don’t, tomorrow you will be killed.” 12 So Michal helped David escape through a window. He ran and got away. 13 Then Michal got a statue of a god. She laid it on David’s bed. She covered it with clothes. And she put some goat hair at the place where David’s head would have been.”

Wow! That would make me feel mad if someone tried to kill me. Crazy! Saul was jealous of David because he thought David was trying to take his place on the throne. So, he tried to kill him. Yikes! We are going to listen now, to how David felt after

## MAIN LESSON

Saul did this. He definitely has EVERY REASON TO FEEL MAD! As you listen, I am going to ask you every once in a while, how does David feel now? If you think he feels MAD clap once, if you think he feels HAPPY clap twice. So MAD is one clap and HAPPY is two claps. Here we go!

- 1 God, save me from my enemies.  
Keep me safe from people who are attacking me.
- 2 Save me from those who do evil.  
Save me from people who want to kill me.
- 3 See how they hide and wait for me!  
Lord, angry people plan to harm me,  
even though I haven't hurt them in any way or sinned against them.
- 4 I haven't done anything wrong to them. But they are ready to attack me.  
Rise up and help me! Look at what I'm up against!
- 5 Lord God who rules over all, rise up. God of Israel,  
punish all the nations.  
Don't show any mercy to those sinful people  
who have turned against me. How does David feel now? (Clap once with  
kids for angry.)
- 6 My enemies are like a pack of barking dogs  
that come back to the city in the evening.  
They prowl around the city.
- 7 Listen to what pours out of their mouths.  
The words from their lips are like swords.  
They think, "Who can hear us?"
- 8 But you laugh at them, Lord.  
You make fun of all those nations.
- 9 You give me strength. I look to you.  
God, you are like a fort to me.
- 10 You are my God, and I can depend on you.  
God will march out in front of me.  
He will let me look down on those who tell lies about me.
- 11 Lord, you are like a shield that keeps us safe.  
Don't kill my enemies all at once.  
If you do, my people will forget about it.  
Use your power to pull my enemies up by the roots like weeds.  
Destroy them. How does David feel now? (Clap  
once with kids for angry.)
- 12 They have sinned with their mouths.  
Their lips have spoken evil words.  
They have cursed me and lied.  
Let them be caught in their pride.
- 13 Burn them up in your anger.  
Burn them up until there isn't anything left of them. How does David feel now?  
(Clap once with kids for angry.)

## MAIN LESSON

Then everyone from one end of the earth to the other will know that God rules over the people of Jacob.

14 My enemies are like a pack of barking dogs that come back into the city in the evening. They prowl around the city.

15 They wander around looking for food. They groan if they don't find something that will satisfy them.

16 But I will sing about your strength. In the morning I will sing about your love.

You are like a fort to me.

You keep me safe in times of trouble.

17 You give me strength. I sing praise to you. How does David feel now? (Clap twice with kids for happy!)

God, you are like a fort to me.

You are my God, and I can depend on you.

David felt mad at his enemies. But instead of taking it into his own hands, he went to God with it. He asked God to take care of his enemies. At the end, David was no longer mad anymore. He was happy knowing that God had him in his hands and he did not need to worry about his enemies. He was even talking about singing of God's love and knowing that God was like a fort that protected him.

Next time you feel mad, pray to God. Give God your anger and ask Him to take care of the problems. When we do this we depend on God to take care of us, and we also are able to let go of that yucky feeling of anger and feel happy knowing God is in control! **GOD CAN HELP ME WHEN I'M ANGRY!** Let's say that together. **GOD CAN HELP ME WHEN I'M ANGRY!** We can talk to God about how we feel angry. He is listening and He can help us let go of that anger as we trust everything to Him! He will take our anger and turn it into joy when we give it to Him!

### **SIMPLE PRAYER:**

Dear God,  
Help me to talk to you (Help me to talk to you)  
When I feel angry (When I feel angry).  
Amen (Amen)

## MAIN LESSON DISCUSSION QUESTIONS:

**WIGGLE TAMER:** Ask kids to stand in a circle. Call two or three names at a time to come to the center of the circle. Yell out an emotion and ask those kids to show that emotion. Then call the next few kids. Give all the kids a turn. Use fast paced background music to make this wiggle tamer more fun!

**SMALL GROUP MEMORY VERSE ACTIVITY:**

Go around in a circle and ask each kid to share how they feel right now. Take note of or write down how they each feel.

Say, “Like our memory verse says, ‘blessed is the person who trusts in you,’ we can trust God enough to tell him how we feel! We can tell him when we are happy, sad, angry, and more. When we talk to God about how we feel, He helps us to know what to do about our feelings. God gives us wisdom when we pray to Him.”

Say a prayer for each child and ask God to give them wisdom.

**DISCUSSION QUESTIONS:**

Why is David angry? How would it make you feel if this happened to you?

How does talking to God help David feel better?

How can you remember to talk to God when you feel angry? Ideas: As you feel mad, ask for space and walk away to a private spot you can pray. If you feel angry, say a prayer in your head right away to ask for help.

**SMALL GROUP GAME OR ACTIVITY:**

(Gather a phone, iPad, or electronic device to play music ahead of time.)

Play musical chairs. Encourage kids to say a prayer in their heads or even sit off to the side to pray if they feel mad about losing the game. Let them know you are there to talk with them if they would like to talk.

# MAKE IT STICK

THE BIG BOOK OF EMOTIONS PRESCHOOL LESSON 7

4 SIMPLE WAYS  
YOU CAN MAKE  
THIS LESSON STICK  
WITH YOUR KIDS

## THIS WEEK'S LESSON:

Use these four common times in a preschooler's day to reinforce this week's lesson:



### DRIVING:

How do you feel today? What is a good thing to do if you ever feel mad?



### PLAYING:

Invite some siblings or friends over to play a few board games. You could also organize a few fun games like musical chairs or capture the flag outside. Remind your child that sometimes they might win and sometimes they might lose the game. Tell them that they can pray to God when they feel mad. They can also talk to you about how they are feeling.



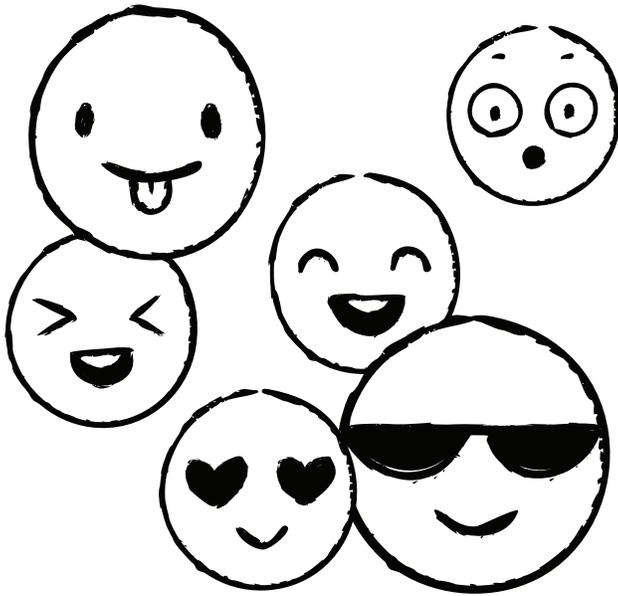
### EATING:

Go around the table and talk about what has made each of you mad in the past. Work as a family to be sensitive to each other's feelings and talk about how you can work to be patient and kinder to one another.

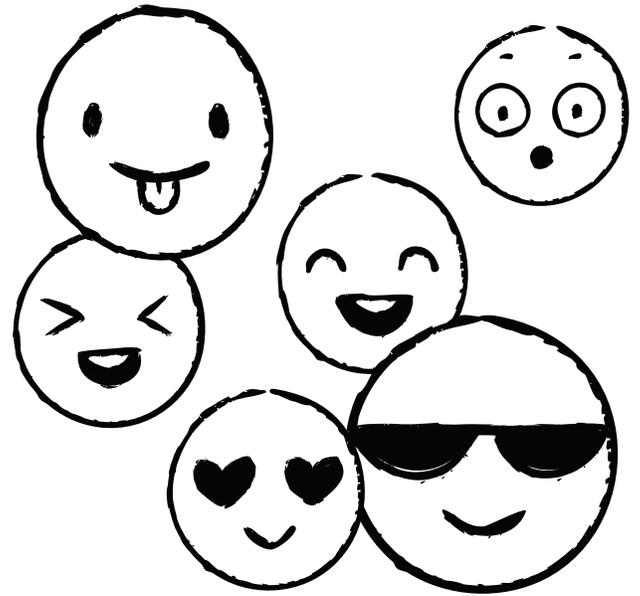


### SNUGGLING:

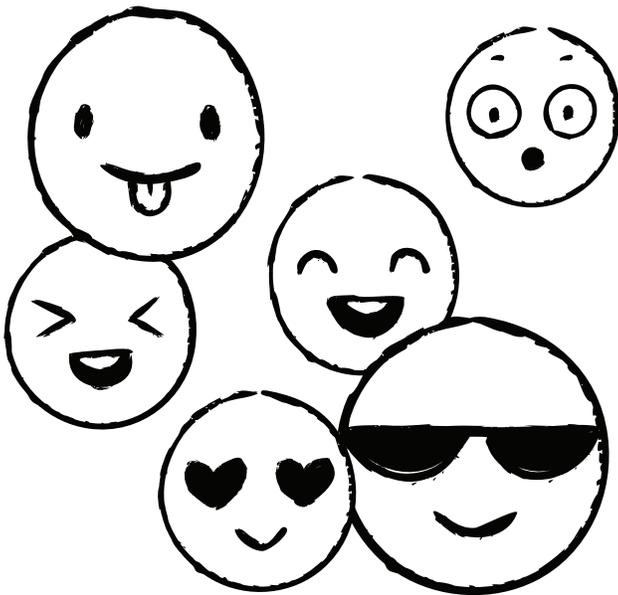
When you're rocking with your child at night, or reading a bedtime story, choose to read this week's Bible lesson at least one night of the week. (1 Samuel 19:9-13, Psalm 59) Ask your child how giving his anger to God helped David to feel at the end of the Psalm.



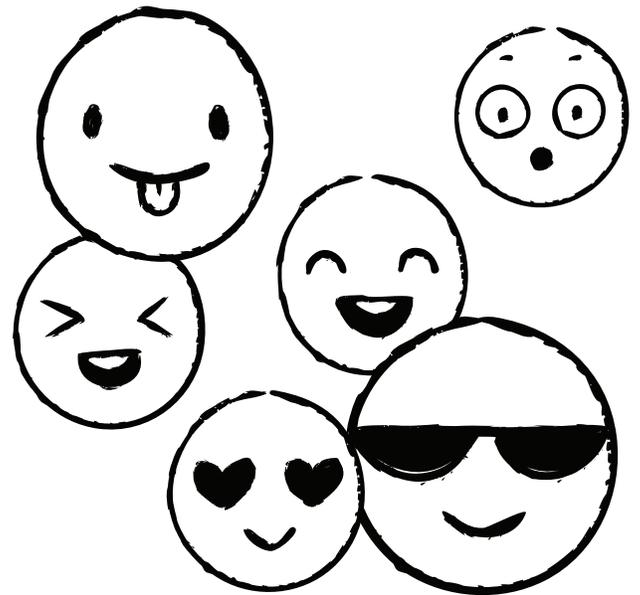
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