

# God is Pure and Holy

## Topic: Emotions

Make a list of as many emotions as you can think of. Describe what a person looks and acts like when he or she is feeling: proud, scared, angry, embarrassed, happy, excited, grumpy, sad, impatient. Draw faces expressing different emotions. Make a list of things you do that make you feel happy. Make it into a book: "I feel happy when..."

How could you help someone when they are feeling: sad, scared, lonely, angry, grumpy? Explain how you would help someone who is troubled by one of these emotions.

### *How to cope with an unpleasant feeling*

Here is a plan that will help you help yourself when your feelings are bothering you.

1. DESCRIBE how you are feeling. Say to yourself: "I am sad." "I am frightened." "I am angry." "I am embarrassed."
2. RELAX and take "time out" before you act. Take slow deep breaths and relax all the muscles of your body.
3. THINK how to do the right thing instead of harming yourself or other people.
4. DO something to help get rid of the bad feelings. Maybe it would help to talk to someone, or to do something you enjoy.

Make a "Dealing with Feelings" poster that showing the four steps above. Make a list of people you trust enough to discuss your feelings with.

### **Discuss**

1. What kinds of things are scary?
2. Is it okay to feel afraid when something scares you? Is it ever not okay?
3. What do you do when you are feeling afraid? Who can you talk to?
4. Can you think of any ways in which it might be harmful to keep your feelings hidden? What could happen?

### **Act out these emotions:**

- a) I am feeling bored. I would like to feel enthusiastic.
- b) I am feeling worried. I would like to feel calmer.
- c) I am feeling afraid. I would like to feel safe and secure.
- d) I am feeling sad. I would like to feel happier.
- e) I am feeling angry. I would like to feel more peaceful.



### **Sticks and stones:** a saying:

*Sticks and stones can break my bones but names can never hurt me.*

Is this true? (No)

How can people's feelings get hurt? What should we do if we have hurt someone's feelings? What should we do if we have had our feelings hurt?

# The Fruit of the Spirit

## Human relationships; Emotions

### God is Pure and Holy

Go through the nine *Fruit of the Spirit* and describe how they help us with our feelings, e.g. LOVE – When I feel sad or lonely; PEACE – When I feel frightened

- **Love** - loving with the same kind of love that God has for us; loving God and treating others the way you would like to be treated yourself.
- **Joy** - the happiness that God gives; sharing God's happiness with others.
- **Peace** - a calm feeling inside, knowing that God is looking after you; letting God take all your worries.
- **Patience** - learning to wait; not getting angry when things are not going as we'd like; sticking to a job and not giving up.
- **kindness** - treating others with special care; thinking about how other people feel; doing special things for others.
- **gentleness** - showing kindness and understanding; not being 'pushy'; considering the feelings of others.
- **goodness** - obeying God's word and doing the right thing.
- **self-control** - not losing your temper; knowing when to stop; saying 'no' when you feel like doing the wrong thing.

### Key Questions

What are the fruits of the Spirit?

How do I get them?

Why should I have them in my life?

How can the fruits of the Spirit help me to get on better with other people?

How did Jesus show the fruits of the Spirit?

What are emotions?

Which emotions make us feel good and which ones make us feel bad?

What should we do when we feel angry? upset?

- Which of the Fruit of the Spirit are emotions?
- How can we help someone who is feeling sad?
- How can having the Fruits of the Spirit in our lives help us to get on better with our family and friends?
- Make a large fruit tree, with different fruits. Write the nine fruits of the Spirit on the fruits.

# God is Pure and Holy

## Values education Year 2

### Forgiveness

God wants us to forgive others as He has forgiven us.

#### Forgiveness is...

- giving a person another chance, even if they have hurt me
- not wanting to pay someone back for the wrong things they have done to me
- being kind to those who have hurt me
- not reminding myself or the other person of the wrong things they have done to me

#### Activities

1. When Jesus died, He said, "*Father forgive them, for they do not know what they are doing.*" What wrong things did people do to Jesus?
2. What does it mean to forgive someone?
3. Sometimes we find it hardest to forgive people in our own family. We might say that they often treat you badly. Sometimes you treat them badly as well. What would Jesus want us to do?
4. Think about a time when you forgave someone in your family.
5. Do you think you should forgive a person even when they don't say sorry? Why?
6. What good things happen when you forgive someone?
7. What bad things can happen if you don't forgive someone? Think about your feelings and emotions.

#### What does the Bible say about forgiveness?

Ephesians 4:32 Forgive one another as God has forgiven you.

Matthew 18:21-35 The parable of the king's servant.

Luke 15:11-32 The son who left home.

# Art Year 2

## God is Pure and Holy

### Topic: Emotions

**Biblical connection:** Having the Fruit of the Spirit in our lives helps us to express our emotions in a way that is pleasing to God.

**Bible art as a wall display:** Galatians 5:22 A tree showing the fruit of the Spirit

#### 1. Modelling

- Using clay or dough, model faces showing different emotions

#### 2. Drawing

- Draw cartoon faces showing different emotions

#### 3. Painting

- Use colour to show emotions, e.g. bright colours for happiness, dull colours or tones for sadness. Discuss cool colours and warm colours and how they make you feel.
- Divide a piece of paper into four and paint colour patches for each of these: colours that make you feel warm or cool, happy or sad.
- Paint a scene that makes you feel happy. Use colours that make you feel happy.
- Paint a scene that makes you feel excited. Use colours that make you feel excited.
- Paint a scene that makes you feel calm. Use colours that make you feel calm.

**Emotions 1**

Draw faces for these emotions:  
happy  
sad  
surprised  
angry

**Emotions 2**

Finish this sentence in three different ways:  
I'm happy when .....

**Emotions 3**

Think of 10 ways to cheer up a sad friend.

**Emotions 4**

The answer is:  
"a hug"

Think of 3 questions.  
e.g. What would you like to have when .....

**Emotions 5**

Design a birthday present for your friend that would make them really happy. It has to be something that you could make.

**Emotions 6**

Think of three things that Jesus would want you to do when you feel angry.

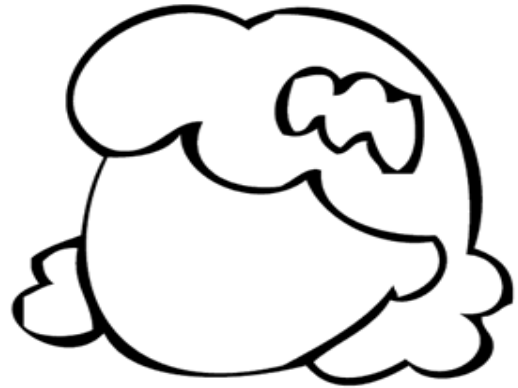
# Emotions

My name is \_\_\_\_\_

## Draw the faces



I'm happy



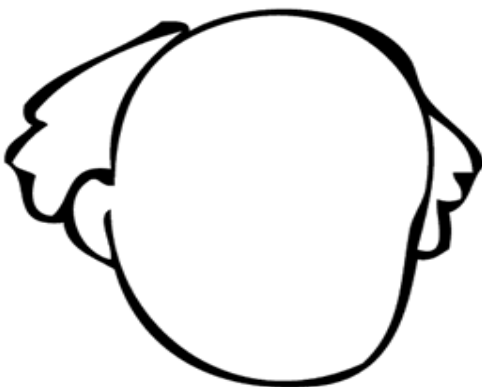
I'm sad



I'm sleepy



I'm nervous



I'm angry



I'm hot

## Match it

cry smile drink shiver keep

1. I \_\_\_\_\_ when I am hot.
2. When I am angry I try to \_\_\_\_\_ calm.
3. I \_\_\_\_\_ when I am tired.
4. When I am cold I \_\_\_\_\_.
5. When I feel sad I \_\_\_\_\_.
6. I \_\_\_\_\_ to the doctor when I am sick.
7. I \_\_\_\_\_ when I feel scared.
8. When I feel hungry I want to \_\_\_\_\_.
9. When I feel happy I \_\_\_\_\_ .
10. I \_\_\_\_\_ water when I am thirsty.

Make a small book using the template on the next page. Finish each sentence and draw a picture in each box.

**Feeling and emotions**

I feel happy and joyful when

1

I feel sad when

2

I feel excited when

3

I feel loved when

4

I feel calm and peaceful when

5

I feel anxious when

6

I need patience when I feel

7

I need self-control when I feel

8