

Emotions: Outcomes and activities

God is Pure and Holy Year 2

Spiritual Overview: Controlling anger and expressing the Fruit of the Spirit

God cleanses us from sin when we accept Him as Saviour, but this doesn't automatically mean that we stop sinning. As we follow Jesus, learn what the Bible says and put it into practice we can show traits of purity and holiness. This is expressed when we show the Fruit of the Spirit.

Values; Our response to 'God is Pure and Holy'

- **Integrity:** Remember the Fruit of the Spirit and try to show these in my life.
- Have **respect** for other people in the way we treat them.
- Show **love** and **kindness** when others are sad.
- Show **self-control** in our emotional responses

Outcomes: Students will

Identify emotions and explore positive / negative emotional responses.

Key Questions

What are emotions?

Which emotions are good?

Which emotions are bad?

Activities

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.

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

How to cope with an unpleasant feeling

Sometimes we feel good, and sometimes we feel bad. Both kinds of feelings are normal. Of course, we all enjoy good feelings. But when we don't like the way we are feeling, sometimes we don't know what to do about it. 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.

Design a "Dealing with Feelings" poster that illustrates this four-step method. Keep it displayed on a wall.

Make a list of people you trust enough to discuss your feelings with.

Discuss

1. What kinds of things are scary? (Make a chart and put it on the wall.)
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?

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?



Values Education Part 2

The Fruit of the Spirit

God is Pure and Holy

Bible references

General reference to fruit:

Galatians 5: 22-23 But the Fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

Matt. 7:15-20 - A tree is known by its fruit.

John 15:5 - Jesus said, "I am the vine and you are the branches. Whoever remains in my and I in him, will bear much fruit; for you can do nothing without me."

Deuteronomy 6:5 Love the Lord your God with all your heart and with all your soul and with all your strength.

James 1:19 Everyone should be quick to listen, slow to speak and slow to become angry.

Specific references to fruit:

Mark 12:30-31 - **Love** your neighbour as yourself.

Acts 3 - The lame man healed, walking and leaping with **joy**.

Matthew 6:26 - Do not worry. (Have **peace**)

Ezra 4-6; Nehemiah 1-6 - **Patience** in rebuilding Jerusalem

2 Samuel 4 & 9 - **Kindness** to the lame prince, Mephibosheth

Luke 10: 25-37 - The Good Samaritan is a story of **kindness** and **gentleness**

Ephesians 5:8-11 - Show **goodness**, by living as children of the light

Jonah - Being **faithful** is obeying the Lord.

1 Samuel 17; 1 Samuel 26 - King Saul lacked **self-control**. His jealousy caused him to lose his temper.

Ephesians 6 - Put on the armour of God so that we may do the things God wants us to do. (**goodness**)

1 John 1:7 Walk in the light as He is in the light. (**goodness**)

1 Cor 3:4 – Love is **patient** and **kind**.

Definitions of the Fruit of the Spirit

- **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.
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- Identify emotions and discuss appropriate ways of expressing emotions
 - Discuss ways of helping others who may be feeling sad.
 - Discuss ways of sharing positive emotions with others.
 - Discuss reasons why the fruits of the Spirit can 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.
 - Read, or listen to the story for each fruit, from *Kanga Joe (See Beacon Media Values Education)*.
 - Write and act out plays that demonstrate the fruit of the spirit in family / friendship situations

Values education Part 2

God is Pure and Holy

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. Tell the person next to you 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.

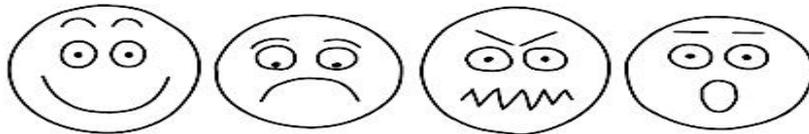
Bible art as a wall display: Galatians 5:22 A tree showing the fruit of the Spirit

1. Modelling

- Using clay or dough, model faces showing different emotions

2. Drawing

- Draw cartoon faces showing different emotions



3. Painting

- How do works by different artists make you feel? e.g. peaceful, excited. Paint scenes that reflect particular emotions.
- 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.

Thinking Skills

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.

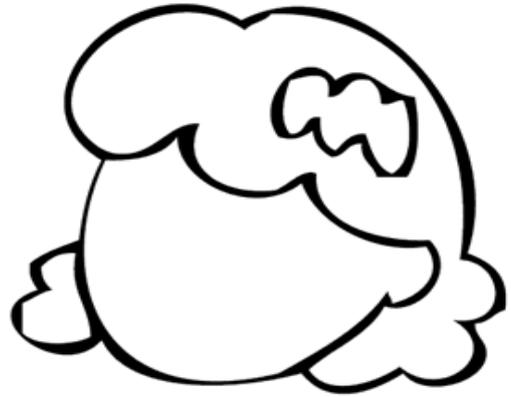
Emotions

My name is _____

Draw the faces



I'm happy



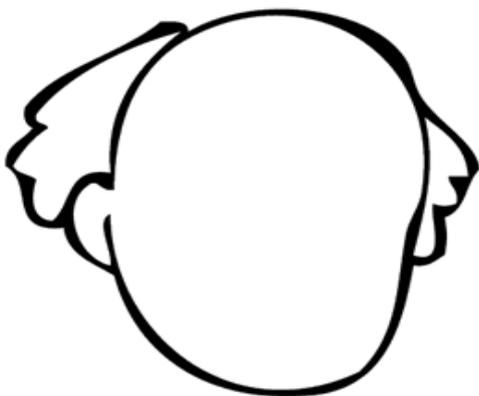
I'm sad



I'm sleepy



I'm nervous



I'm angry



I'm hot

How do you feel?

Choose the missing words from the box.

cry smile drink shiver keep

go yawn eat perspire pray

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.

**How do these Fruits make you feel?
Copy the table and draw a picture for each.**

Love – I feel warm inside	Joy – I feel happy!	Peace – I feel calm inside
Patience – I do not feel annoyed	Kindness – I feel cared for	Gentleness – I am careful with things and careful with people's feelings
Goodness – I feel clean inside	Faithfulness – I feel loyal to my friend	Self-control – I stop myself from showing bad behaviour

Make a small book using the boxes on the next page. Finish each sentence, draw a picture for each then cut up the boxes to make a book. Staple together.

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