

**GOD IS  
PURE AND HOLY**

**Feelings and  
emotions**

**Term 2**

# God is Pure and Holy – Feelings and emotions

We can feel angry but we can stop ourselves from shouting or hurting someone.

We can feel jealous but we can ask God to help us love that person instead.

We can feel sad but we can ask God to help us feel better.

Draw these faces in your book and show how the person feels by drawing eyes and mouth.



## Match it

Copy the sentences into your book. Choose a word from the box to fill the space.

cry	smile	drink	shiver	keep
	eat	sleepy	pray	

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

On the next page, you will see how to make a small book with 8 pages. Copy the text and draw pictures.

<p style="text-align: center;"><b>Feeling and emotions</b></p> <p>I feel happy and joyful when</p> <p style="text-align: right;">1</p>	<p>I feel sad when</p> <p style="text-align: right;">2</p>
<p>I feel excited when</p> <p style="text-align: right;">3</p>	<p>I feel loved when</p> <p style="text-align: right;">4</p>

<p>I feel calm and peaceful when</p> <p style="text-align: right;">5</p>	<p>I feel anxious when</p> <p style="text-align: right;">6</p>
<p>I need patience when I feel</p> <p style="text-align: right;">7</p>	<p>I need self-control when I feel</p> <p style="text-align: right;">8</p>

## The Fruit of the Spirit

The Bible tells us about 9 values that God wants us to show in our lives. You can read about these in Galatians 5:22-23

Showing the Fruit of the Spirit can help us show our emotions in the right way.

- 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'; thinking about how others feel.
- Goodness - obeying God's word and doing the right thing.
- Faithfulness – never leaving or giving up on someone.
- Self-control - not losing your temper; knowing when to stop; saying 'n' when you feel like doing the wrong thing.

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 try not to feel annoyed when things don't go my way.	Kindness – I feel cared for, and I care for others.	Gentleness – I am careful with things and careful with people's feelings.
Goodness – I feel clean inside because I choose to do the right thing.	Faithfulness – I am loyal to my friend and family, and I feel strong inside.	Self-control – I stop myself from showing bad behaviour.