



FAMILY LESSON - WEEK 6

Materials: 5 Sheets of Paper, Markers, Tape, Something that spins (fidget spinner, top, bottle, etc.)

CIRCLE UP

Use this time to gather together and get everyone talking.

ASK If you had your own TV show, what would it be about?

SAY As we watch today's show, we're going to see someone deal with feeling mad and angry. When we feel angry, God helps us by giving us something called self-control. So here's what we need to know today — say it after me:

Primary

When I Feel Angry, (make mad face)
God Gives Me Self-Control
(reach forward and pull fists in)

Preschool

When I'm Mad, (make mad face)
God (point up)
Helps Me (hands in front, palms up)

WATCH

Watch today's video online by visiting onehope.org.au

ASK your Primary Schooler:

What makes you feel angry?

Which one of these would help you deal with your anger?

- Pray
- Walk away for a few minutes
- Take 10 deep breaths
- Yell into a pillow
- Read the Bible
- Run some laps or do jumping jacks
- Talk to someone older who follows Jesus

ASK your Preschooler:

Is it OK to feel mad? (Yes)

Is it OK to do wrong things when you are mad? (No)

Who can help you do the right things when you are mad? (God)

HAVE FUN TOGETHER

Construct an “Anger Tape Measure” to help your child explain their feelings when they are mad or angry.

DO

1. Grab five sheets of paper and number them with large numbers one through five.
2. Tape them together vertically with number one at the bottom and number five at the top. This is your anger tape measure!
3. Ask your family where their anger would measure up to on the tape measure in the following situations — the higher the number, the more angry you feel. Talk about ways they can have self-control in these situations.
 - When someone takes something that belongs to them
 - When they get in trouble or get a bad grade
 - When they lose a game
 - When they don't get to do what they want to do
 - When someone yells at them or says mean things
 - When they are hungry
4. Hang your anger tape measure some place you can easily see and use it.

PLAY

Practice saying the series memory verse together a few times, and then play a game. Find something that spins, like a fidget spinner, top, or bottle. Spin the item and see if your family can say the verse together before it stops:

Primary

But even if we (thumbs to chest)

Don't feel at ease, (cross arms)

God is greater (point up)

Than our feelings (pat heart)

And He knows everything. (arms out wide)

1 John 3:20 (make book with hands)

Preschool

God is greater (point up)

Than our feelings (pat heart)

And He knows (point up)

Everything. (arms out wide)

1 John 3:20 (make book with hands)

PRAY

Father God, we're sorry for the times when we have felt angry but didn't use self-control. The next time we feel angry, help us to stop, look, and listen so that we can do the right thing. We love You! Amen.