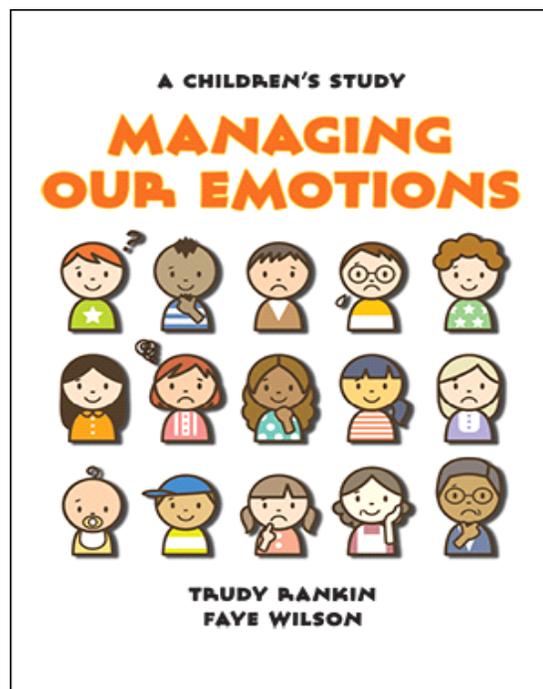


**Adaptation of the Children's
Mission u Study
Session 1
Learning About Our Feelings**

From Managing Our Emotions:
A Children's Study
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Goals

Children will

- Understand that we are created by God with emotions.
- Identify how emotions are useful and part of God's plan for us.
- Explore scriptures and biblical examples of emotions expressed by Jesus and others.
- Identify and celebrate their own emotions.

Needs

- *Covenant of Care, confidentiality, and Community
- *Poster and Chart: How Are You Feeling Today?
- YouTube: "[Baby A Nursery Feeling and Emotion for Kids](#)"
- Emotional **Book Box (E.B.B)** (see bibliography) Note: Any box can be used to store the books.

* **Please Note:** These pages can be photocopied from the attachments at the end of Session 4.



Sing together "If you're happy and you know it..."

There are lots of versions available on YouTube; here's one of them.

<https://www.youtube.com/watch?v=13wd8KvOt58> (2.1 minutes)

Be sure to invite the children and the whole congregation to join in. Also feel free to add verses. For example, "... shout "Praise Jesus."

Ask, "How do you feel when you are singing, dancing, and with others. Share how you feel.
Say, in this study it is going to be a good and safe place to learn about emotions.



Covenant of Care, Confidentiality, and Community

Discuss why it is important to be able to share and participate in this study. The Covenant will guide us!

Litany

(Optional: Depending on the technology you are using and their ability to respond.)

As you get towards the last statement, say it in a loud and strong voice!

Leader: You are part of God's family.

All: I am loved.

Leader: God cares for us.

All: I am loved.

Leader: We have things to be happy about.

All: I am loved.

Leader: Even though sometimes I may feel sad.

All: I am loved.

Leader: Sometimes I mess up and someone gets mad.

All: I am loved!

Leader: You are loved!* I am loved!!*

All: We are loved!!!*



Talk About Emotions (Poster: Emotional Check-in for Kids & How Do You Feel Today?)



Ask: "How do you feel? What do you do when you feel this way?" (Make a chart with 2 columns on a paper. They can draw 😊 or ☹️ on the columns. Use excited, anxious, mad faces. You can further the discussion with these questions and add your own questions:

When your best friend comes to your house and plays with you, how do you feel?

When you accidentally break something that belongs to someone else, how do you feel?

When your sister or brother tells you that you are mean or ugly, how do you feel?

When you wake up in the night and you think you see a monster, how do you feel?

When you take a bite of pizza and you expect it to be good, but it tastes awful, how do you feel?



How will you feel when you can go back to school?

How do you feel when you hear that someone is sick?

We were made in God's image, and all have feelings. Remember, God



loves you!





Song (Optional: Be cognizant of eliminating vocal singing during the COVID pandemic.)

I Like the Me I See!

On YouTube: https://www.youtube.com/watch?v=XwU4N_1OVWU (about 3 minutes)

This Little Light of Mine

You tube: <https://www.youtube.com/watch?v=ty9bZXN4uWA> (about 2.5 minutes)



Scripture

Exodus 15:1-2, 13-14, 20. Discuss the scripture, by recapping the story.



Challenge

Create artwork for the emotions that were expressed. Share it with others (family, friends...but remember social distancing!)



Closing

Talk about how it feels to be happy, sad, scared, lonely. Emotions are a key part of who we are as God has made us. Invite children to cross their arms in front of them, with their right hand resting on their left shoulder and their left hand resting on their right shoulder.

Then say : “Now, pat your shoulders to express thanks for having emotions to express. Now, close your eyes and rock gently from side to side and roll your shoulders up and back a few times. Next, open your eyes and raise your heels from the floor. Drop your arms to your sides and take a deep breath, blowing out through your mouth a few times.”

For online: give a high five for their participation!



Closing Prayer

(Make the prayer relevant to the children or needs of the congregation.)

Thank the children for sharing their feelings/emotions. Announce the place and date for Session 2.

Covenant of Care, Confidentiality, and Community

Every member is valued.

Everyone has a right to speak.

No one is to use her or his voice or actions to hurt another.

No one is to dismiss the words and concerns of another.

What is said in this study stays here.

No one's story, or any part of it, shall be shared without that person's permission.

Provide empathy and care where appropriate.

Search for ways to support each other.

Refrain from using electronic devices that might distract from learning.

Bibliography*: Managing Our Emotions, a Children's Mission u Study, 2020-21

Welcome to **Emotional Book Box (E.B.B)** resource! This book list could be used in conjunction with the study at your church. They are available online through sites like YouTube or children's author's websites. You may have these in your church library, children's preschool, or through your local library. Some of your congregation, especially teachers might have these books that you could borrow. If you want to purchase, they are available on Amazon or Scholastic, or other sites. There are numerous others which you may use. I have provided several websites (below) which you may find helpful.

***Please Note: These are age-appropriate books for primary children (ages 3-7).**

*Being Me, Julie Broski

Compassion, Cloud 9 World

Day Is Done, Peter Yarrow

Do Unto Otters, A Book About Manners;
Laurie Keller

Don't Worry Be Happy, Ross Burach

*Don't Talk to Strangers Pooh, Kathleen W.
Zoehfeld

*Down By the Bay (Song book)

Everyone is Special and Unique, Learning
About Acceptance, Regina Burch

Friendship, Kat Weh

*Frightened, Joy Cowley

Gentleness, Cloud 9 World

I Am Enough, Grace Byers

*If You're Happy and You Know It,
Jane Cabrera

Happy Sad Today, Lory Britain

*Joey Isn't Afraid Anymore, St. Jude

Kindness, Cloud 9 World

I Love you, Little One, Nancy Tafuri

*Meanies, Joy Cowley;

*Mind Your Manners In School, Arianna
Candell & Rosa M. Curto

*Rules Rap (Song book)

*Rules and Laws, Ann-Marie Kishel

Sharing is Caring, Learning About
Generosity, Regina Burch

Show You Understand, Regina Burch

Thank You Omu!, Oge Mor;

The Brand New Kid, Katie Couric

The Holy Bible

The Three Little Pigs, Story About Patience,
adapted by Meredith Rusu

*The Well-Mannered Monster, Marcy
Brown & Dennis Haley

*The Line, Margaret Jordan

Think Before You Act, Learning Self-
Discipline & Self-Control, Regina Burch

Tiger Features, Sharon Callen

*We Can Share At School, Rozanne
Lanczak Williams

*Where Do Monsters Live?, Rozanne
Lanczak Williams

Wish, Chris Saunders

Would It Be Right, Learning About Good
Judgment, Regina Burch

You Can Count On Me, Regina Burch

Additional Online Resources

Another source of books is: <https://thebrownbookshelf.com>.

Many students are familiar with www.starfall.com, but they have more libraries of books at:

Starfall/h/talking-library

Best read-aloud books for kids at: <https://bookriot.com/2019/02/14/readaloud-websites-for-kids/>

<http://justbooksreadaloud.com/>

www.makeuseof.com

If you want to hear books read aloud by the Screen Actor's Guild, go to www.storylineonline.net

Here's one on "How to talk to your children about protests and racism:

<https://www.cnn.com/2020/06/01/health/protests-racism-talk-to-children-wellness/index.html>

**These suggested books are appropriate for children in the home, church, or community.*

Prepared by Florida Conference United Methodist Women

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<https://clipartion.com/free-clipart-28793/>



<https://www.churchhousecollection.com/jesus-clipart.php>

Other clip art was in the Clip Art list found in Word.