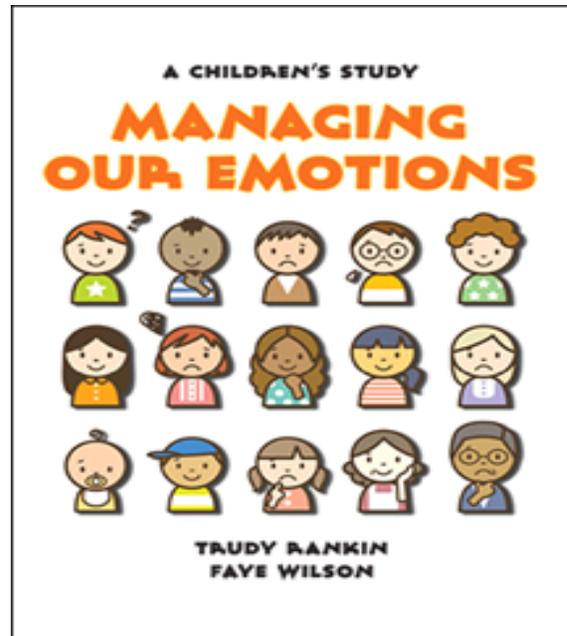


**Adaptation of the Children's
Mission u Study
Session 2
Anxiety and Sadness**

From Managing Our Emotions:
A Children's Study
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Goals

Children will

- Understand that we are created by God with emotions.
- Dictate the emotions of anxiety and sadness.
- Explore scriptures and biblical examples of emotions expressed by Jesus and People in the Bible.
- Learn ways in which the church in the community helps people deal with their emotions.

Needs

- Crayons, paper (Pictionary game), painter's tape
- Emotional Book Box (E.B.B) (see bibliography) Note: Any box can be used to store the books.
- YouTube "Feeling and Emotion for Kids" video, available at <https://www.youtube.com/watch?v=ZJAEkDtyQQ>.



Sing "Jesus loves me." Share ways in which children can know they are loved and cared for... when they come to church or hear a children's sermon, when they sing with other children, and adults tell them how much they enjoy their singing, and having a great Sunday school teacher who is always glad to have them in their class.

Check In: Remember Your Joy

Invite children to sit in a circle. Remind them that in session 1, they explored emotions of joy and excitement. Now, you're going to "check in" by identifying something that made them happy or excited since the group last met. Suggest things like eating ice cream, getting toys, getting hugs, or finding something that was lost. Let's draw something that gives you joy! If doing this in person, you can take their artwork and hang it on a wall in the "Gallery of Emotions."

Suggestion for on-line version: Children can raise their hands or give a thumbs up, 😊, or clap. You could even use "Pictionary" and have them draw a picture and show on the screen. Ask them to use dark colors.

Introduction

Thank the children for sharing their joy with the group today. Talk about other emotions such as anxiety and sadness. Brainstorm about what makes children sad, such as going to bed early, being sick, or losing money. Remember our “Covenant of Care,” and that everyone’s story is safe. We will not talk about others’ experiences outside of the session.



Scripture : Luke 2:41-52

Invite children to sit in pairs or small groups to discuss the story. *(Breakout rooms, if online.)*

Ask the children about a time they got lost. Perhaps they were separated from a friend or a teacher. Ask them to talk about how they felt and what they did. Reread Luke 2:48. Tell them that adults as well as children experience anxiety. If children cannot find their parents, they may feel scared or anxious. Parents too are anxious; worried perhaps someone might try to take them away. Parents might also be a little angry. Let children know that sometimes when people get anxious, they may also get angry and they may experience sadness in thinking something bad has happened or might happen. Remind children that the most important thing to remember is that just as in the story, loving parents and caring adults will always come to look for children because they want them to be safe. However, not all parents are loving.

(Pastors/Facilitators: Please know your children adapting this to meet the specific kids in the group.)

Sometimes children are separated from parents such as in foster care. There are children with immigration issues who are being taken away from their parents. Remind them that this is a sad time for both parents and children, and that there are people who love God. They're always trying to stop this from happening. End this time by asking if there are any children who want to tell about their favorite teacher, adult friend, or relative that helps keep them safe. You as a teacher or facilitator can always share your story reminding the children of how much they are loved.



Watch the Videos

Find the “sad” segment from the “[Feeling and Emotion for Kids](#)” video on You Tube (it is at time code 2:45-5:00). After watching, ask the children what suggestions were given for managing sadness. After hearing responses introduce the children to a second video that talks about how a young girl handles her anxiety related to the dark. Before starting ask them what they liked and did not like about the dark. If someone expresses being anxious about the dark, ask the group to think about what they can do to not feel afraid in the dark. Write their ideas on newsprint and hang them on a wall or use an easel. (adapt for online use)

Watch on YouTube [Don't Be Scared: Short Moral Stories for Kids](#)*

**CREDIT: Quixot Kids Story, published April 27, 2016*

Ask children what they learned from the video and have them compare what they learned to their suggestions for handling anxiety about the dark.

Music

Music can be used to make us feel better when we are anxious. Tell the children the story of Saul, the first king of Israel when he felt sick and could not sleep. He would ask David, a shepherd boy, to play the lyre (a harp) and it would make him feel better (1 Samuel 16:14-23)



Create Artwork for the Gallery of Emotions

Give children markers and paper and ask them to draw a picture showing something that was shared in the lesson. It could be a picture of what to do when they're sad, how Jesus' parents may have looked when they could not find him. You could draw a picture of Faye learning not to be afraid. Display their drawings.

Suggestion for on-line: Children can hold up their drawings. Be sure to use dark colors.



Closing

Form 2 lines facing each other so that each child has a partner. (Practice **Social Distancing** during pandemic.) Imagine that you are an engineer building a road. While standing on the side of the road, imagine seeing many people who will ride bikes, walk, or drive on this road. Give a thumbs up or high five, as together you have built a road of love and support for everyone in the class. Then say softly, "You are loved. God loves you!"

(On-line: Ask them to lift their hands towards the screen showing support of everyone in the class. You may encourage the children to use the chat box to share love to everyone, "You are loved!")

Lastly, use the litany below:

Leader speaks, then the children repeat.

Thank you, God for loving me. **Thank you, God, for loving me.**

Thank you, God for sending help for me. **Thank you, God, for sending help for me.**

I will ask your help so that I will not be sad or anxious. **I will ask your help so that I will not be sad or anxious.**

Amen. **Amen.** Amen.

Announce the date, time, and place for Session 3. Thank them for their participation!

Extended Activities

Play board or card games. Winning and losing makes us aware of our emotions.

Make cards (birthday, welcome, congratulations, get well, and friendships, for people at the church, their families and friends.)

Make tissue paper flowers that can be given to others as a symbol of happiness or hope.

(Needs: tissue paper and pipe cleaners.)

Sing songs like "Down by the Bay" or other favorite songs that the children can dance to or have for sing-along-time.