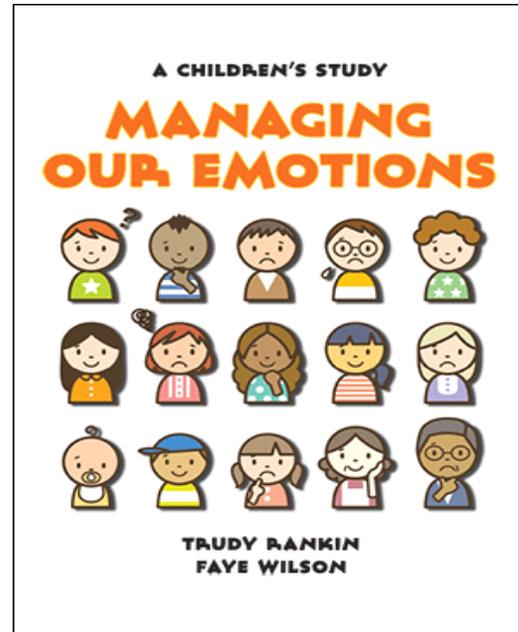


**Adaptation of the Children's  
Mission u Study  
Session 4  
Finding Power, Helping Others**

From Managing Our Emotions:  
A Children's Study  
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## Goals

Children will

- Understand that we are created by God with emotions.
- Explore biblical examples of emotions by making good choices.
- Learn how the “buddy bench” is helpful in showing care to children who may feel left out and helps others.

## Needs

- The United Methodist Hymnal
- Stopwatch
- Crayons, paper, markers, tissue paper, wood glue, staples/stapler, paint sticks, straws, painter's tape (Note: Virtual sessions may not use these unless these supplies are available in the home.)
- Blankets or beach towels
- Balloons and laundry basket or bin
- Make 3 sets: Write “memory verse” (Nehemiah 4:6) with one word per page (type in large font)
- Emotional Book Box (E.B.B) (see bibliography) Note: Any box can be used to store the books.



Play some music as you welcome back the participants to the group. Invite them to share what they remember from the previous three sessions about emotions. (I have learned \_\_\_\_\_.)

Sing, "We are the Church", United Methodist Hymnal #558. Tell children they make a difference in other's lives by using their God given emotions of happiness, joy, and compassion. They can use their experiences of managing sadness and fear by showing kindness and helping others. Close with prayer.



**Scripture:** Nehemiah 2:17-18

This is about Nehemiah who had a very, important job as the King's cupbearer, filling and serving wine. The King noticed that Nehemiah was sad and asked what was wrong. Nehemiah said his hometown, Jerusalem, was destroyed. He asked the King to let him go back and rebuild the city. The king liked Nehemiah, so he gave him permission to return and provided supplies for him. Back in Jerusalem, he found other people who wanted to rebuild the walls and gates of the city. We see how good things can happen when people get together to help make things better for each other.

He experienced many emotions: First, he was sad because his city was destroyed; then, he was glad, happy, and excited because the King helped him; and lastly, he was frustrated, fearful, and maybe worried when people made fun of him and wanted to stop the work.

Two guys were very mean: Sanballat and Tobiah. In Nehemiah 4:1-6. Tobiah made fun of him by saying that their wall was so poorly built... a fox could run on the wall and it could fall down. However, Nehemiah loved God and wanted to do God's will. So, he and his supporters kept working to rebuild the city of Jerusalem.

We will use a memory verse Nehemiah 4:6 "**We will rebuild the wall...for the people had a mind to work**". Repeat the words several times aloud to memorize the verse.

## Scripture Memory Race

Let's have a memory race. Divide the group into three teams. Give each a set of the words for the memory verse. Have painter's tape ready to tape on a wall or table. Teams will be timed to see how quickly they could tape the words in the correct order. The first team to complete the scripture memory verse correctly wins the race. After the race ask for them to reflect on the story of Nehemiah and his enemies. Ask, "What you can do to help end bullying and harassment. Close with prayer for children being harmed by words and behavior.

(For online: You can use the chat bomb as you start with the words, "We will, and have the children add the next words: **rebuild**; then another chat bomb: **the wall**.)

## Show the Video: Buddy Bench; Feeling and Emotions



We can be like Nehemiah making a difference in their homes, schools, churches, and community. We can help to show kindness and caring toward others who feel left out. Discuss the concept of the buddy benches. Does anyone have a buddy bench at their school? Remember our memory verse says when people work together good things can happen. Let's watch the video on how to use the buddy bench. [https://www.youtube.com/watch?v=PVaJtnTTV\\_I](https://www.youtube.com/watch?v=PVaJtnTTV_I)

Discuss what we saw on the video. Ask questions like “Why is the buddy bench needed? What are the responsibilities for children who agree to help someone who is sitting on the buddy bench? How do you explain the buddy bench to your friends and parents?” Then, brainstorm a list of what to do when seeing a child sitting on the buddy bench. Explain that if there isn’t an actual bench at school or church but someone is sitting alone or playing by herself, maybe she could use a friend. Post responses in the class.

Let's practice being a buddy by role-playing. Divide the group into teams of four using these scenarios:

- One child who needs a friend walks around by himself.
- A child is playing with two others in a separate area.
- Three children playing together, including one who has agreed to be a buddy. What happens if she or he sees someone sitting on a buddy bench.?

Next show a video on “[Feelings and emotions for kids: How to manage.](#)” These snippets are about being excited and being loved. (times: 7:15-9:25; 11:40-13:50).” After watching, remind children that gifts of emotions are gifts from God. There are things they can do when they're experiencing emotions of joy, sadness, shyness etc.



### Closing

Invite children to sit in a circle. Have them pretend they are talking to a friend that has not been a part of the study. Ask what one thing they might tell a friend about what they learned. Remind them that emotions come from God. When we follow Jesus, our goal is to learn to manage our emotions and use them to help others. We can use our voices to speak out for those who are being hurt or those who are in need of a friend.

Close with these words (see Session 3) “I am not forgotten. I am not forgotten. I am not forgotten. God knows my name.” Amen.

Encourage the children to jump up and down and dance around the classroom because they are so loved by God.



## Extended Activities

Do the scripture memory race using balloons. You will need two sets of a memory verses in two different colored balloons; one color for each team. Insert the word inside the balloon, blow it up and tie the top. Put the balloons with the scriptures inside them in a large laundry basket (one basket per team). Divide into two teams (one for each color). A child from each team will be selected to sit on their “color” balloon, pop it, and retrieve the memory word. Then, tape it on the wall in order in which the word appears in the scripture.

## Action Following the Study

Congratulations! You and your peers have been a part of an online Mission Study! Together we learned how to manage our emotions and help others. We’ve had wonderful study leaders/teachers using technology!

Now, what can we do to share with others what we’ve experienced? Let’s think about how we can do this and make a difference in the world! Brainstorm some activities or action steps. Be sure to include a timeline with who is going to be responsible for coordinating the action, and what will be done. You may need to have a follow-up session to share ideas. Remember, you can get others involved! When you’ve made some action goals and steps, pray for yourself, and about the ways this can help others!

