



Safe Emotions

Lesson 3

LESSON AIMS

- Everyone knows how important it is to identify their emotions/feelings.
- Everyone understands that they can choose how to respond to their emotions/feelings.
- Everyone can communicate their emotions/feelings.

LESSON OUTLINE

1. **Welcome and Theme Song:** Use this time to discuss behaviour expectations during Shine meetings.
2. **Skit: *Clear as Mud*:** Bill and Lil demonstrate that there are days when we just don't know how we are feeling or how to express our concerns to others.
3. **Emotions Wheel:** Follow up the *Clear as Mud* skit with a discussion time and an introduction to the *Emotions Wheel*.
4. **Scattered Feelings:** An activity that provides an opportunity for students to identify how they might feel when faced with different situations.
5. **Feelings Match-Up:** A small group game that gives students an opportunity to consider how they feel in a situation and how they can choose a response to help them cool down.
6. **Feelings In The Bible:** Students will learn that people we read about in the Bible felt some of the same emotions we do today. (Selected Bible verses are reviewed).
7. **Feelings in Action:** Reinforce the lesson by having kids reflect on what they learned and practice sharing their feelings in a fun, interactive way.
8. **Closing Prayer.**

MATERIALS NEEDED

- ☐ A backpack and stop sign for skit
- ☐ A copy of the *Emotions Wheel* on page 7 for each student
- ☐ Emotion words from page 8
- ☐ Tape
- ☐ A copy of the *Response Wheel* from page 9 for each student
- ☐ Feelings Match-Up Cards from pages 10 and 11 for each small group. (Make sure each student and leader has a card to read.) Or use the full-size cards on pages 12-23
- ☐ A Bible for each small group or student (NIRV is an easy-to-read version.)
- ☐ Set of Bible verses from page 24 for each small group
- ☐ A small soft ball or soft object

Welcome and Theme Song

Welcome your students back again this week. Feel free to ask a few questions about their day or week went and how they put what they learned into practice. (See page **Shine Introduction** page 5 for theme song lyrics.)

Skit: Clear as Mud

Bill is a crossing guard, Lil is crossing the road multiple times. Lil has a different concern every time she crosses the road, but doesn't know how to communicate it. This leaves Bill confused and concerned.

Lil is carrying a backpack and heading to school. Bill has a stop sign in his hand.

Bill (*holding out his stop sign for Lil to cross*): Hi Lil! How is your day going?

Lil: I think it's good. I feel like I'm forgetting something, though

Bill: Oh – hopefully you remember soon!

Lil: Me too! Thanks Bill!

Lil walks off stage and then quickly comes running back with one backpack strap hanging off. Bill walks out with his stop sign and holds it out for her.

Bill: Lil, you're back!

Lil: I, uhh, I have to...umm....I'll be back!

Lil heads back to the original starting point

Bill (*looks at the audience*): What...just happened? (*Shrugs.*)

Lil returns, carrying her backpack by the top strap and mumbling like she's worried.

Bill: Lil, are you okay?

Lil (*with a concerned look points across the street*): School time.

Bill hold his stop sign out and helps Lil cross with a concerned look on his face.

Lil runs off stage towards school.

Bill (*calls after her*): Lil! Are you...okay?

Lil comes back after school, dragging her backpack behind.

Bill: How was your day Lil?

Lil: Isn't it clear??

Bill: Clear as ... mud. I don't have any idea if you're okay or not!

Lil: I'm sorry Bill. I'm having a hard day today and it just kept getting worse.

Bill: Days like this are the worst. But don't forget that you're special, Lil, and even when you have a bad day, or forget important things, you're more important than any of that stuff! But when you do have these bad days, can you tell me so that I can try to help?

Lil: Thanks Bill. I'll try to remember that!

Bill and Lil walk off stage together.

Emotions Wheel

Materials Needed: A copy of the *Emotions Wheel* from page 7 for each student. If possible, have an enlarged copy to post or project onto a screen for all to see.

Share: Lil's day seemed to just keep getting worse, but she didn't know how to say what was wrong. Bill was really worried about her!

Discussion Questions:

1. Have you ever had a day like Lil? (*Share a personal story of a bad day you have had before or after you ask the students this question.*)
2. What are some ways you can remember to tell someone you trust about how you feel?

Do: Hand out *Emotions Wheel* to each student.

3. When you look at this wheel, can you find what feelings Lil might have felt? What about Bill?
4. What is one word on this wheel that you have felt this week (*Encourage students to share.*)

Scattered Feelings

Materials Needed: Emotion words from page 8 and tape. These emotions/feelings have been taken from the *Emotions Wheel* on page 7. (Print the emotion words and post on the walls around your room.)

Do: Gather the students in the centre of the room with you. Read a scenario to the students. Instruct them that when you yell "scatter" they are to run to whatever poster represents what they would feel in that situation. Have the students return to the centre of the room and then read the next scenario.

1. Somebody at school wanted to give you a kiss.
2. After school, an adult you don't know asks if they can take a picture of you.
3. You got invited to your best friend's birthday party.
4. Your parents ask you to hug an aunt you don't know very well.
5. A new kid at school wants to sit with you.
6. You got a B+ on a test you were worried about.
7. Your dad surprises you and takes you for ice cream after school.
8. Your teacher tells you to read something out loud.

Do: Gather the students back together for a time of group discussion.

Discussion Questions:

1. Have you felt these emotions before?
2. Why do you think we have those emotions?
3. Who are your trusted adults that you can talk to when you feel the big emotions?

Share: It's okay to feel all the emotions—we feel them for a reason! What we get to control is how we respond to our emotions! We're going to learn more about what we can do with those emotions.

Feelings Match-Up

Materials Needed: Print a copy of *Emotions Wheel* and *Response Wheel* from pages 7 and 9 so each student has their own copy. (If possible, create paper arrows and gather a supply of brad fasteners. Attach the arrow to the *Response Wheel* with a brad fastener so that it spins easily.) Print and cut apart the *Feeling Match-Up* situation cards from pages 10 to 11 for each small group, or use full size cards from pages 12 to 23. Be sure to have enough situation cards for each student and leader to take one as you take turns around the circle.

Share: We've been learning that we can experience many different emotions in a single day. But it's also important to know that we get to choose how we are going to respond to them, and this means learning to cool down before we respond. We're going to discover some cool down response ideas together. *(If you have students who struggle with reading, you may want to pair them with an older student. Invite students who feel comfortable reading to read out the "Find the Feeling" cards to the group.)*

Do: Divide your students into their small groups to play this game.

How to Play:

1. **Look at the Emotions Wheel:** This wheel shows lots of different feelings we can have!
2. **Pick a Card:** Each turn, a student (or leader) takes a card and reads the situation out loud.
3. **Find the Feeling:** The player reading the card picks a feeling from the wheel that matches how they might feel in that situation.
4. **Find a Response:** Next the player looks at the *Response Wheel* and moves their finger around it, choosing the response they would like to try in the situation. *(Or, they can spin the arrow and read out the response suggestion it lands on.)*
5. **Talk About It:** Does everyone agree? Could someone feel a different way? Would that response help you when facing that situation?
6. **Keep Going:** Keep playing until all the cards have been used!

Fun Twist!

Have someone act out the response and see if anyone can guess what the feeling was.

Do: Encourage your students to take their *Emotions Wheel* and *Response Wheel* home, keeping them somewhere they can easily see and use it to help them identify what they are feeling and which cool-down idea they would like to try in a situation.

Feelings In The Bible

Materials Needed: An *Emotions Wheel* for each student, a Bible for each student or each small group, and the Bible verses below written out on slips of paper for each group (print and cut apart page 24). You can use any translation for these, but the NIRV is often easy for kids to understand.

Do: Working in small groups, have students look up and read each verse. Then have the students look at their *Emotions Wheel* and share emotion/feeling they think the Bible character might have felt. (If your students struggle with reading, have the small group leader read passages to them.)

1. Exodus 3:2-5—How did Moses feel?
2. 2 Kings 2:1-13—How did Elijah feel?
3. Psalm 117—How did the psalmist feel?
4. John 11:35—How did Jesus feel?
5. Matthew 21:12—How did Jesus feel?
6. Matthew 8:14-15—How did Peter feel? How did his Mother-in-law feel?

Share: Difficult feelings have always existed. Even Jesus felt all the same emotions that we do. The important thing to remember is that we can take Jesus' example and feel all of them and share them with our trusted people.

Feelings in Action

Materials Needed: A small soft ball or an object like a stuffed animal to pass around, and the *Emotions Wheel* (page 7) for reference.

This is an opportunity to reinforce the lesson by having kids reflect on what they learned and practice sharing their feelings in a fun, interactive way.

Share: We've spent time today identifying how certain situations can make us feel. We've looked at ways we can choose to respond or cool down when something has upset us, bothered us or made us feel angry. Let's spend a few minutes thinking about our feelings and how we can share what we feel. Our *Emotions Wheel* is here with us if we want to be reminded of some feeling words.

How to Play:

1. **Sit in a Circle:** Gather the kids and have them sit together in a circle.
2. **Pass the Ball:** The leader starts by holding the ball and saying, "Today, I felt..." and choosing a feeling from the wheel. (Example: "Today, I felt excited because we played a fun game!")
3. **Encourage Different Feelings:** Remind them that all feelings are okay, and they can pick any from the wheel.
4. **Share and Pass:** The player then passes the ball to someone else in the circle, who also shares a feeling they had today or this week.
5. **Wrap Up with a Group Question:** Ask students: "What can we do when we have big feelings?" (Examples of responses: talk to a trusted adult, pray, take deep breaths, etc.)

Share: Thank you for sharing your feelings with us today. It's important that we each remember to stop and think about how we feel when faced with different situations whether—they are happy, sad, frustrating or uncomfortable. Remember to say either out loud or to yourself "I felt _____ when _____ happened". We also want to remind you to share your feelings with your trusted adult.

Closing Prayer:

Do: Spend time in prayer thanking God for creating us with so many feelings. Ask Him to help us to remember that it's okay to feel our different emotions. Thank Him for giving us trusted adults we can go to and share how we are feeling.

Optional: Using the ball from the *Feelings in Action* activity, hold the ball and share: "God I'm thankful you are with me when I feel _____. "Then toss the ball to someone else and have them share the same prayer.

PARENT/GUARDIAN EMAIL

Consider sending a note like the following to your parents/guardians, letting them know what was discussed during this lesson, and providing them with the dialogue questions to start conversations at home. You may also want to send home a copy of the *Emotions Wheel* and the *Response Wheel* as an attachment with today's email so families can look at it together.

Sample Email: Today we talked about feelings using an *Emotions Wheel*. Then we spent time looking at how we can choose to respond when faced with different situations.

Here are a couple of conversation starters you can use at home:

1. Can you tell me some emotion words that you learned this week?
2. What are some situations that could make you feel sad, excited, anxious or angry?
3. What are two different responses you want to try the next time you feel angry?

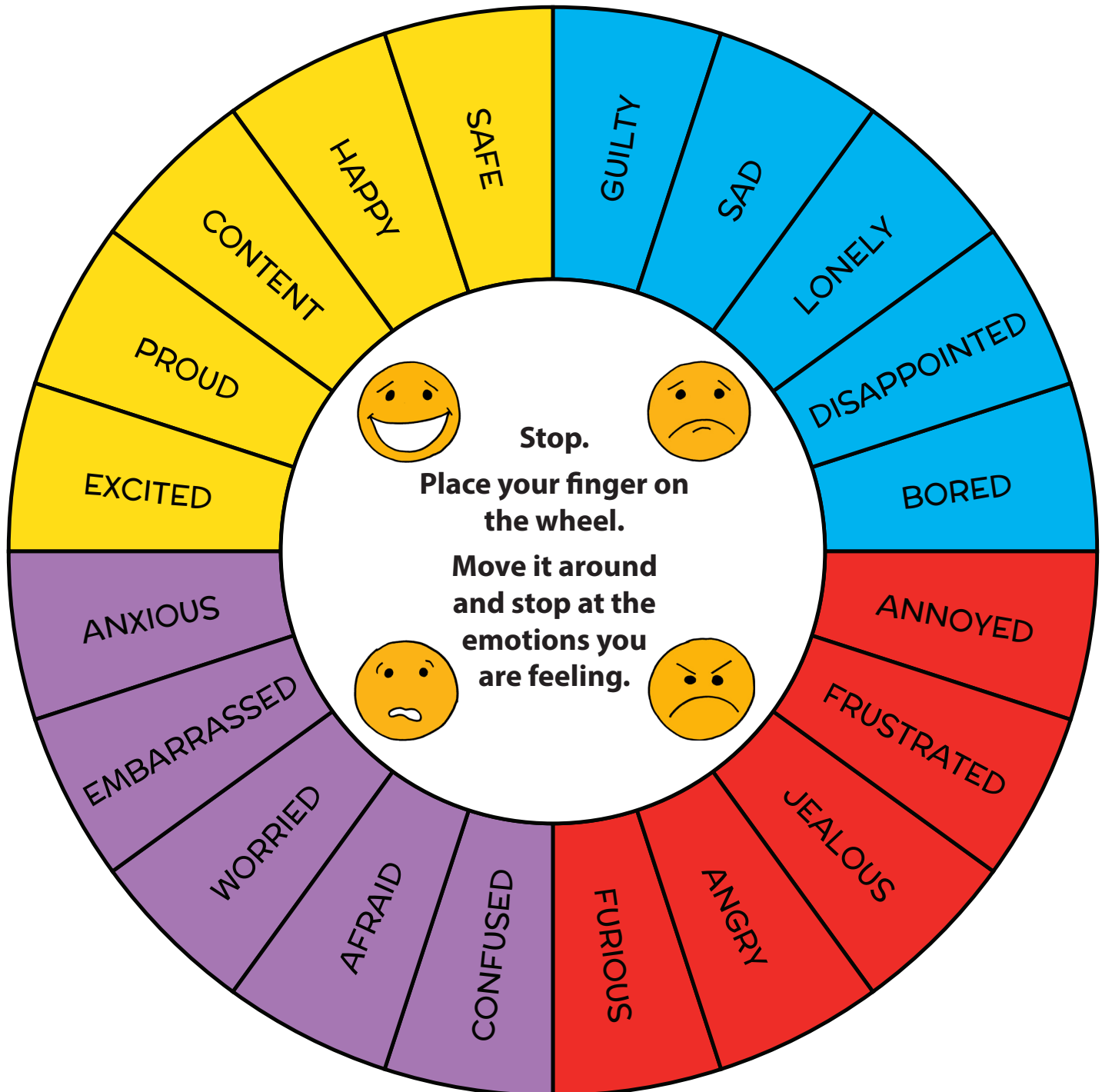


SA JUSTICE
CANADA & BERMUDA
MODERN SLAVERY AND
HUMAN TRAFFICKING RESPONSE



EMOTIONS WHEEL

Name Your Emotion



Scattered Feelings (Enlarge, cut apart and post on wall around meeting space.)

HAPPY

PROUD

SAD

DISAPPOINTED

WORRIED

EMBARRASSED

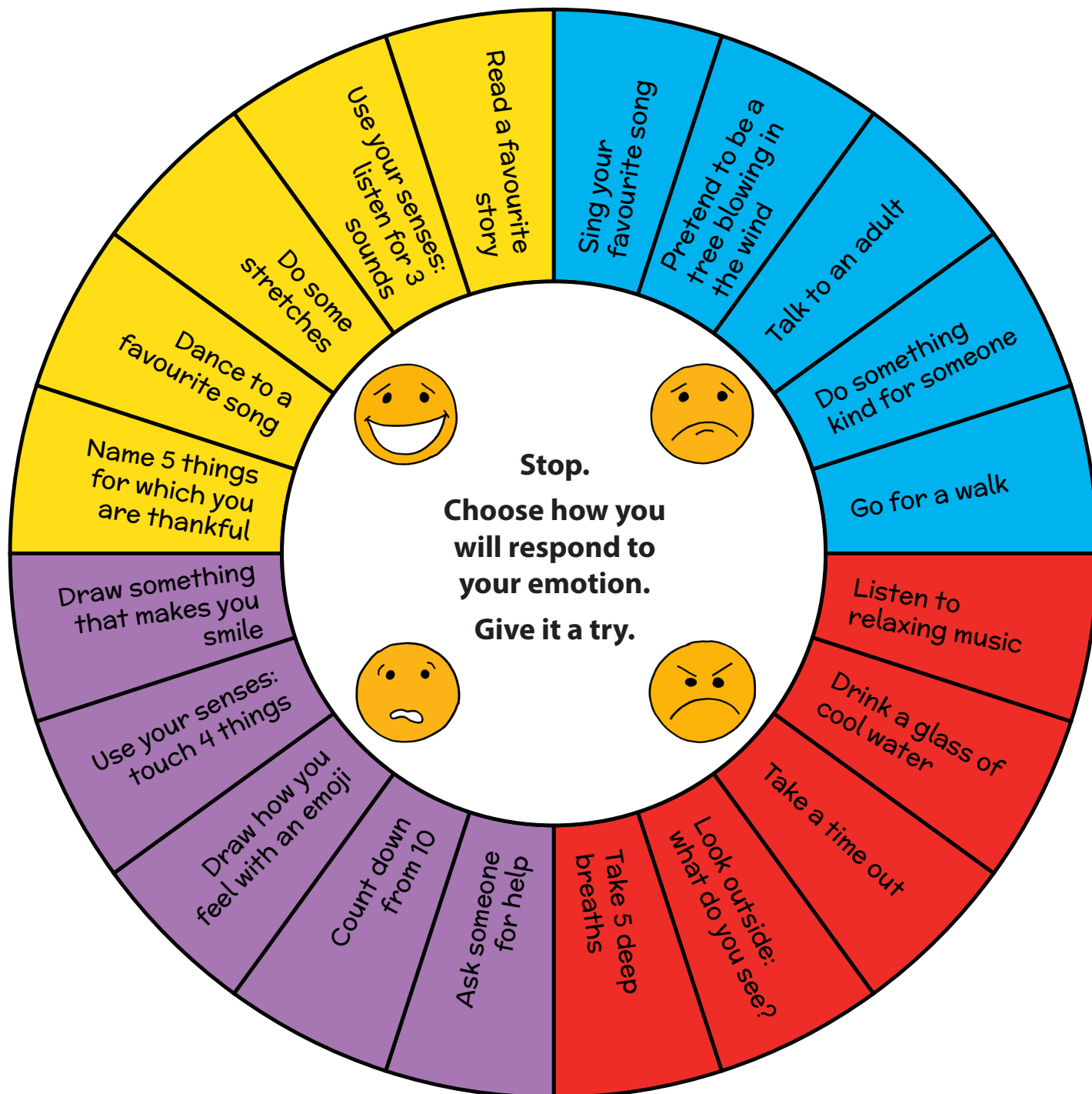
FRUSTRATED

ANGRY



RESPONSE WHEEL

Choose How You Will Respond





SHINE

You find out you have to read a whole book tonight before you go to school tomorrow.



SHINE

Your Mom tells you you're going to Disneyland next week.



SHINE

The doctor tells you that you're allergic to marshmallows.



SHINE

You forgot to wear your coat and now it's snowing.



SHINE

Your favourite singer is coming to town.



SHINE

You failed an assignment because your partner didn't do their work.



You find \$10 on the sidewalk.



You find out that it's
dodge-ball day in gym
class.



Your favourite baseball
team wins the
world series.



Your family is doing a
week long camping trip
this summer.



You get to go to camp.



You forgot your charger
and your device is dying.



**You find out you have to
read a whole book tonight
before you go to school
tomorrow.**



**Your mom tells you you're
going to Disneyland next
week.**



**The doctor tells you that
you're allergic to
marshmallows.**



**You forgot to wear your
coat and now it's snowing.**



**Your favourite singer
is coming to town.**



**You failed an assignment
because your partner
didn't do their work.**



**You find \$10 on the
sidewalk.**



**You find out that it's
dodge-ball day in
gym class.**



**Your favourite baseball
team won the
world series.**



**Your family is doing a
week long camping trip
this summer.**



You get to go to camp.



**You forgot your charger
and your device is dying.**

Bible Application Bible Verses: (Each small group will need a set)

Exodus 3:2-5—How did Moses feel?
2 Kings 2:1-13—How did Elijah feel?
Psalms 117—How did the psalmist (the writer) feel?
John 11:35—How did Jesus feel?
Matthew 21:12—How did Jesus feel?
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