



# SMALL GROUP GUIDE

## Emotions

God cares about my emotions,  
and I can turn to Him!

# Emotions

## Leader Guide

### Engage:

Cut out two sets of five emojis. Place each set in one or two containers to draw from during the pantomimes. (Example emotions: excited, sad, angry, bored, scared)

If you have a larger group of kids, you can divide into two teams. If you have a smaller group of kids, you can act out the feelings together. Have one of the kids select an emoji and act it out using only facial expressions and/or gestures. Ask the kids to see how quickly they can guess the emoji. If you have multiple teams, see which team can guess the emotion first.

### Discuss:

**Have the kids open up their Bibles and read together 1 Samuel 1**

As you read the passage, have the kids make facial expressions that might match how Hannah was feeling. For example:

—How do you think Hannah's face looked when Penninah made fun of her?

—How do you think Hannah looked when she was too sad to eat?

Tell the kids that God always knows how we are feeling. He wants us to trust Him with our feelings and ask for His help. Just as God answered Hannah's prayers, He will answer our prayers too.

### Response:

Provide different colored ribbons and assign an emotion to each color. Include several of each color. (Examples: Happy = Yellow; Angry = Red; Bored = Blue; Scared = Green; Loved = Pink)

Ask the kids to spend some time praying about their emotions and how they are feeling. Around the front of the room, have different color ribbons with a sign by each explaining which emotion the color represents. Have the kids come forward and take ribbons that show how they are currently feeling. As a group, have the kids with the same colors tie their strings around an item (the back of a chair, a stick, etc.). Show the kids that every person experiences the same emotions. We have to remember that we can go to God and talk to Him about how we are feeling.

### Memorize:

**The purpose of my instruction is that all believers would be filled with love that comes from a pure heart, a clear conscience, and genuine faith. (1 Timothy 1:5, NLT)**

Give each of the kids a blown up balloon, and have them all practice keeping the balloon in the air.

Have the kids say the memory verse aloud while keeping the balloon up in the air. To make it more challenging, have the kids work together to keep the balloon up while saying the verse in unison.

### Create:

Give the kids paper plates and popsicle sticks and have them create some fun emoji plates. To turn this into a game, have the kids come up with stories. Ask them to hold up the plate that shows how they would feel if they were in that story.

Example: You went to a birthday party and won a million tickets. (Happy Face)  
You found out that your cat isn't feeling well. (Sad Face)

# Emotions

What was the Big Idea?

God \_\_\_\_\_ about my \_\_\_\_\_  
and I can \_\_\_\_\_ to Him!

In your journal, write a note to God  
everyday and tell Him what happened  
during the day and how it made you feel.

## Memory Verse:

The purpose of my instruction is that all believers would  
be filled with love that comes from a pure heart, a clear  
conscience, and genuine faith.

1 Timothy 1:5, NLT