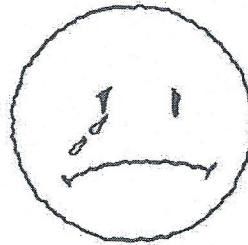
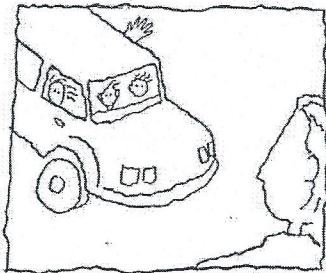


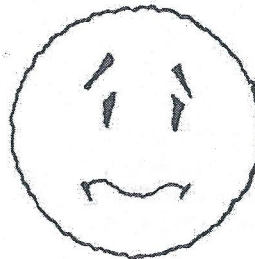
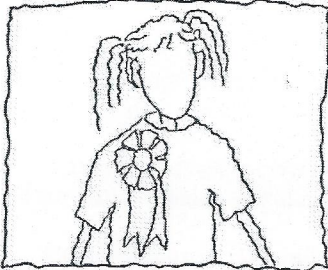
# I Can Make Wise Decisions

Name at least four different feelings. Play the "Feelings" game.

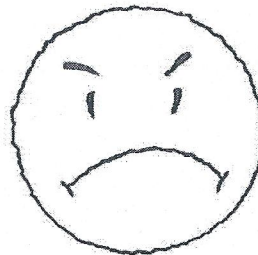
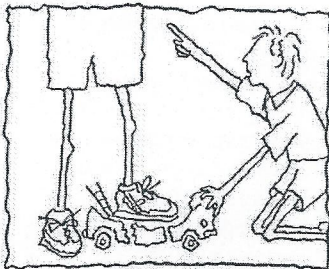
Match the pictures and name the feelings. Can you name some more feelings?



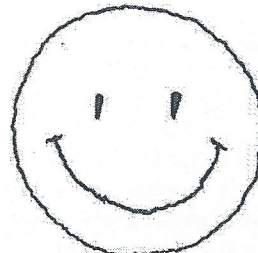
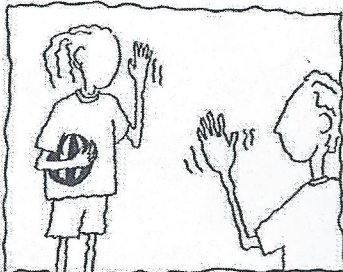
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# Suggestions for Parents or Leaders

A person's feelings have a strong influence on the decisions and actions he makes. Recognizing and naming these feelings is the first step in being able to deal with them successfully. Feelings themselves are not good or bad—it is what we do with our feelings that is important. Children experience both positive and negative feelings. Many words describe these feelings.

Some positive feelings the children might express include love, pride, confidence, excitement, enjoyment, happiness, courage, and security. These positive feelings may be dealt with by being thankful for them, enjoying them and sharing them with others.

Negative feelings which the children may recognize include anger, guilt, jealousy, sadness, loneliness, embarrassment, fear, disappointment, discouragement, anxiety, frustration and grumpiness. Children can be led through the following steps in dealing with these feelings:

1. Tell Jesus how you feel. Ask Him for help.
2. Ask yourself:  
"What am I feeling?"  
"Why am I feeling this way?"  
"What shall I do about it?"  
"Is this a good thing to do?"
3. Do what you have decided to do.

Hurting oneself or other people or things is not a good way to deal with negative feelings. Neither is lying, running away from the problem, or thinking a lot of negative thoughts about yourself or others. Negative feelings can be dealt with by looking for a solution such as:

- ⇒ Talking honestly with someone about your negative feelings
- ⇒ Finding out more about the problem and working to change it
- ⇒ Being alone for a while
- ⇒ Working out your feelings in a harmless way, such as crying, drawing or writing, or kicking a ball; or
- ⇒ Telling yourself positive, helpful things

Obviously, different solutions are appropriate for different situations, feelings and people.

At a very early age, children can begin to learn to recognize their feelings and to talk with someone about the feelings they have and how they can deal with these feelings. They can learn to communicate their feelings in a kind way to helpful adults and to the person(s) who provided those feelings. Kind communication of feelings involves both choosing the words carefully and speaking

in a kind manner. An adult can help the child decide how to communicate his/her feelings by helping him/her to choose appropriate words as well as an appropriate time and place to share such feelings.

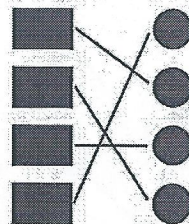
## The Feelings Game

1. With the children, brainstorm different kinds of feelings and write each one on a small card or piece of paper.
2. Place the feelings cards in a bag or box.
3. Divide the children into groups of two or three and allow each group to draw a feelings card.
4. Instruct the groups to practice showing how they might look when they have that feeling (body language). Each group should also be ready to tell or act out a situation in which they have felt that way.
5. After each group presents their feeling to the entire group, talk about ways in which God can help us deal with that feeling. (You may use the steps for dealing with negative feelings suggested in the **Background Information**, along with the accompanying poster in the "My Self" section of the appendix.)

## Other Methods

1. Help children build the habit of recognizing, naming, and dealing positively with their feelings whenever possible by:
  - spotting children who appear to be upset
  - encouraging them to talk about what they are feeling and why
  - accepting the feelings they express without condemning
  - helping them to choose a positive way of dealing with the feeling.
2. Another type of feeling game may be played by discussing, acting, or writing about feeling reactions and solutions to specific situations, such as getting an "A," being teased, having a birthday, fighting with a sibling, or feeling left out.
3. Children may also enjoy listing and/or discussing their happiest moment, saddest moment, etc.

### Puzzle Key



Sad

Perplexed

Angry

Happy