

II. I Can Make Wise Decisions

Requirement

Name at least four different feelings. Play the Feelings Game.

Background Information

How to play *The Feelings Game*.

1. With the children, talk about 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 when 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 later in the **Background Information**, and/or the poster that immediately follows this section.)

One's feelings have a strong influence on the decisions and actions one makes. Recognizing and naming these feelings is the first step in being able to deal with them successfully.

Children experience both positive ("comfortable") and negative ("uncomfortable") feelings. A multitude of words describe these feelings.

Some positive feelings 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 that the children may recognize include anger, guilt, jealousy, sadness, loneliness, embarrassment, fear, disappointment, discouragement, anxiety, frustration and grumpiness. Children can be led through a series of steps in dealing with these feelings. (See box.)

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. When you believe it is a good thing, 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 solutions. It may be helpful to lead the children through the steps noted in the box that follows.

1. Talk honestly with someone about your feelings.
2. Find out more about the problem and work to change it.
3. Be alone for a while.
4. Work out your feelings in a harmless way, such as crying, drawing or writing, or kicking a ball.
5. Tell 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 them. They can learn to communicate their feelings in a kind way to helpful adults and to the person(s) who may have done something to bring about 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 feelings by helping him or her to choose appropriate words as well as an appropriate time and place to share such feelings.

Teaching Tips

- Help children build the habit of recognizing, naming, and dealing positively with their feelings whenever possible by
 - ◆ Recognizing children who appear to be upset;
 - ◆ Encouraging them to talk about what they are feeling and why;
 - ◆ Accepting the feelings they express without condemning the child or children;
 - ◆ Helping the children choose a positive way of dealing with the feeling(s).
- 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, quarreling with a sibling, or feeling left out.

- Children may also enjoy describing and/or discussing their happiest moment, saddest moment, etc.
- A matching card game could be made with cards showing various situations, feelings and solutions.

Evaluation

The children will name four feelings and participate in role playing and discussion about handling those feelings.

WHEN I FEEL BAD I CAN

- ❖ Tell Jesus how I feel and ask Him for help.
- ❖ Ask myself:
 - ◆ "What am I feeling?"
 - ◆ "Why am I feeling this way?"
 - ◆ "What shall I do about it?"
 - ◆ "Is this a good thing to do?"
- ❖ Do what I decide to do.

III. I Can Care for My Body

Requirement

Earn the Health Specialist Adventurer Award.

Background Information

In order to earn the Adventurer Award the children will complete the requirements listed below. Additional information about Adventurer Awards is found in the *Manual of Adventurer Awards*.

HEALTH SPECIALIST

1. Memorize and repeat 1 Corinthians 6:19, 20.
2. Cut out pictures and make a poster to show the four basic food groups. Arrange the pictures to show three healthy meals you could eat.
3. Explain why your body needs exercise.