
8:50–9:00 | 10:20–10:30 | 11:50–12:00 – EARLY ARRIVERS ACTIVITIES

1. Just for Fun

Connect: an activity that invites kids to share with others and build on their understanding

What You Need: Timer on Phone

What You Do:

- Gather kids in a circle.
- Give kids 10 seconds to do the following activities.
- Challenge them to see how many of each activity they can do in 10 seconds.
 - Push-ups, jumping jacks, or sit-ups
 - Say their name
 - Blink
 - Clap their hands or snap their fingers

Lead your group to the Large Group area.

9:10–9:45 | 10:40–11:15 | 12:10–12:45 – LARGE GROUP

OVERVIEW:

Bottom Line: *What can you do to keep your cool? Just because you know that you should keep your cool, doesn't mean you know how to do it. We want kids to figure out the ways they can keep calm during stressful situations.*

9:45–10:05 | 11:15–11:35 | 12:45–1:05 SMALL GROUP

1. Take a Snapshot

[Application Activity]

Connect: an activity that invites kids to share with others and build on their understanding

What You Need: Pencils, “Angry? Cards” Activity Page, “Angry? Responses” Activity Pages, tape

What You Do:

- Gather kids in a circle.
- Pass out pencils and the “Angry? Responses” Activity Pages.
- Tape the “Angry? Cards” to the wall.

- Ask kids to read the scenario on the each of the cards and circle the corresponding emoji, representing how angry each situation would make them.
- Explain the rating scale:
 - One = not angry at all
 - Two = annoyed
 - Three = angry or upset
 - Four = furious
- Point out that the scenarios on the cards have numbers as well as the boxes on the Activity Pages. Instruct kids to pay attention to which scenario they are rating and to choose the correct box.
- After everyone has finished, discuss the results:
 - What situations made people angry or furious? Why do you think that is?
 - What situations didn't seem to make people angry? Why do you think that is?
 - What situations had the greatest range of ratings? Why do you think the ratings were so varied?

2. Discussion Questions

[Application Activity]

Connect: an activity that invites kids to share with others and build on their understanding

What You Need: N/A

What You Do:

- Ask:
 - What situations make you angry? Why?
 - How do you feel after you lose your temper and do something you shouldn't do?
 - What can be the consequences of losing your temper?
 - What are things you can do to stay calm?
 - Give an example of when you kept your cool and it was not easy. What did you do to remind yourself to have self-control?

3. Verses To Take With You

[Memory Verse Activity]

Create: an activity that explores spiritual ideas through the process of drawing, building, and designing

What You Need: Bibles; Sheet of Butcher Paper; Markers

What You Do:

- Explain that the book of Proverbs is part of God's story.
- Share some facts about Proverbs.
 - Proverbs was mostly written by Solomon.
 - Solomon asked God for one thing: wisdom. God blessed Solomon and gave him incredible insights about how to live.

- Solomon wrote Proverbs to record the way God wants us to live and treat each other.
- Proverbs is called a “wisdom” book because God, through Solomon and Proverbs, gives us His wisdom how we should live.
- Encourage kids to pair up and, using a concordance or Bible App, find passages in Proverbs about being patient and not losing your temper.
- Potential verses could include:
 - Proverbs 14:29
 - Proverbs 15:18
 - Proverbs 16:32
 - Proverbs 25:28
 - Proverbs 29:22
- Allow time for kids to share the verses they find with the group and to pick one verse that speaks to them.
- After everyone has selected a verse, play a variation of “Red Light/Green Light.”
- Give each kid a pencil and paper.
- To play:
 - When you say, “GO,” kids should write as many words of the Proverbs verse they selected as they can.
 - When you say, “Wait,” everyone puts his or her pencil down and stops writing. Anyone who continues to write is disqualified.
 - Once a kid has written down all the words of the verse, including the reference, he or she stands up and reads the verse out loud to be sure it’s correct.
 - Declare a winner and then let the others continue to compete.
- After a couple of rounds, ask if anyone can say his or her verse without looking at it.
- Challenge kids to spend time this week memorizing their verses and when it is hard to be patient, when they feel themselves about to lose it, encourage them to say their verse three times to help them to keep their cools.
 - *Pro Tip: The verses kids selected may not be the same length or some verses harder than others. This provides an opportunity to talk about keeping your cool when a situation doesn’t seem fair.*

3. Make It Personal With Prayer

[Prayer Activity]

Reflect: an activity that creates space for personal understanding and application

What You Need: Mural from the Previous Activity

What You Do:

- Encourage kids to create a mantra to help them keep their cools.
- If necessary, prompt them to use the verse they selected in the Verse to Take with You Activity.
 - For example: For Proverbs 16:32, a mantra could be “Don’t take a city.”

- Close in prayer.

What You Say:

“God, You are so patient, and You understand that we struggle at times with self-control and keeping our cools. You tell us to be slow to anger and that our tempers can stir things up. You tell us that self-control can bring calm to our lives. We know that to live a godly life we need to be patient and to think twice before losing our cools, and we know You give us the power to respond to situations with self-control. Help us remember that we honor You when we think before we react and when we demonstrate self-control. Amen.”