



PRELUDE SOCIAL STORY WORSHIP GROUPS HOME

PROVIDING TIME FOR FUN INTERACTION
15 MINUTES

MADE TO CONNECT

an activity that invites kids to share and collaborate with others while growing their understanding



OPENING ACTIVITY

WHAT YOU NEED: Masking tape line

WHAT YOU DO:

- Instruct the kids to line up behind the tape.
- Invite the kids to jump to the other side when they hear something that might make them angry, frustrated, or

annoyed.

- Direct the kids to do big jumps if the scenario would make them really angry and little hops if the scenario would only make them a little angry.
- Read the suggestions below one at a time, pausing after each one to give the kids an opportunity to jump.
- If you'd like, invite a couple of volunteers to share why they jumped the way they did after each scenario.
- Possible angering scenarios:
 - A kid cuts in front of you in the cafeteria line at lunchtime.
 - Your dad says no to dessert.
 - You get your device taken away as punishment.
 - You think someone lied to you.
 - A younger brother or sister uses something of yours.
 - An older brother or sister accidentally breaks something of yours.
 - You want to leave church but your family keeps talking to people.
 - Your order is wrong at a restaurant.
 - The restaurant your family picked doesn't have the food you like.
 - No one chooses you for their team during gym class.
 - Someone on your team at gym messes up and loses the game.
 - You mess up in practice for your sport or music 12 times in a row!
 - Someone calls you a mean name.
 - A friend ignores you on the bus or playground.
 - Someone is mean to you online.
 - Plans changed unexpectedly and you can't do something you wanted.

TODAY'S BIBLE STORY

Bad Blood

David Spares Saul's Life
1 Samuel 24

TODAY'S BOTTOM LINE

**Don't be controlled
by your anger.**

MONTHLY MEMORY VERSE

**"God's power has given
us everything we need
to lead a godly life."**

2 Peter 1:3a, NIV

MONTHLY LIFE APP

**Self-control—Choosing to do
what you should even when
you don't want to**

BASIC TRUTH

I need to make the wise choice.

WHAT YOU SAY:

"We all get mad about situations. What's most important is what happens next.
[Transition] Let's go hear about someone who was really upset and what he did about it."

Lead your group to the Large Group area.



PRELUDE

SOCIAL

STORY

WORSHIP

GROUPS

HOME

CREATING A SAFE PLACE TO CONNECT
25 MINUTES

MADE TO IMAGINE

an activity that promotes empathy and facilitates concrete application through role-play and reenactment



*ANGRY DICE

[LIVE FOR GOD | APPLICATION ACTIVITY]

WHAT YOU NEED: "Angry Dice Template" Activity Pages, coloring materials, scissors, tape

WHAT YOU DO:

- Give each kid an "Angry Dice Template" Activity Page.
- Set out the coloring materials.
- Encourage the kids to think of six different positive responses they can have when they get angry. (The six responses will correspond to the number of the dice.) For example:
 - One deep breath or tell One person how you feel
 - Two times repeat the memory verse or take Two minutes to count as high as you can
 - Think of Three things you like about this person or push against a wall for Three, ten-second intervals
 - Four punches of a pillow or Four breaths
 - Five big sips of water or Five seconds to clear your mind and remember **don't let your anger control you**
 - Six reps of a physical activity like jumping jacks or running in place or think of Six things you're grateful for
- Instruct the kids to draw or write those things on the faces of the dice.
- Set out the scissors and tape.
- Cut, fold, and tape the dice to assemble.
- Provide help for younger kids as needed.

WHAT YOU SAY:

"There are a lot of ways to calm down when you're upset. You can practice and learn and **don't let your anger control you.**"

"When is it hardest to not be controlled by your anger? (*Invite discussion.*) Sometimes it's specific things that 'drive us up a wall' or make us 'flip out.' Is it when you feel disrespected or ignored? Is it when you feel hurt or sad? Is it when something disappointing happens?"

[Make It Personal] (Share an age-appropriate example of a time you got angry. What did you do when you felt that way? Did you choose to calm down or did anger control you?)

"We all have things that upset us, and we can all find ways to calm down. When we feel angry, like I did, remember to PAUSE and **don't let your anger control you.** You can use these dice when you need them, or come up with other ways to press pause, too."

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WEEK
THREE
JANUARY 2022

SMALL GROUP
K-3

PRELUDE

SOCIAL

STORY

WORSHIP

GROUPS

HOME

CREATING A SAFE PLACE TO CONNECT
25 MINUTES

(* ANGRY DICE, CONTINUED)

Optional Discussion Questions for Older Kids

If you lead 4th, 5th, or 6th graders, consider asking these discussion questions:

- As you get older, the consequences of letting anger control you get bigger and bigger. What's the biggest negative consequence of being angry that you've experienced?
- When you control your anger and let God be in charge, what good things could happen?





CREATING A SAFE PLACE TO CONNECT
25 MINUTES

MADE TO PLAY

an activity that encourages learning through following guidelines and/or working as a group



RED LIGHT, GREEN LIGHT
[HEAR FROM GOD | MEMORY VERSE ACTIVITY]

WHAT YOU NEED: Bibles

WHAT YOU DO:

- Play a game of Red Light, Green Light.
- Direct the kids to line up along one wall.
- Stand on the other side of the room.
- Turn away from the group and call, "Green Light!"
- Instruct the kids to run towards you as quickly as possible.
- Abruptly turn to face to group and say, "Red Light!" so kids freeze in place.
- If a kid moves, even a little, send them back to start.
- Designate the first kid who reaches you during a Green Light to be the new caller.
- Play as many rounds as possible.
- At the end of the game, make sure each kid has a Bible.

TODAY'S BIBLE STORY

Bad Blood

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WHAT YOU SAY:

"This game reminds me of how anger can sneak up on us. It grows and grows and BANG! It's suddenly in control, calling all the plays. Have you ever felt like that? Anger can be so hard to control. That's why I'm glad for our memory verse. *(Instruct everyone to look up 2 Peter 1:3a in their Bibles. Read it out loud together.)*

"God has given us what we need to control our anger. What are some of the ways He has given us? *(ability to take deep breaths; look around us; pray; think about things we're grateful for; remember truths from the Bible; listen to the Holy Spirit; talk to wise grown-ups; etc.)*

"Don't let your anger control you, because God has given you what you need to control your anger AND God is always there to help when you need it."

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CREATING A SAFE PLACE TO CONNECT
25 MINUTES

MADE TO REFLECT

an activity that creates space for personal processing and application



PRAY AND DISMISS
[PRAY TO GOD | PRAYER ACTIVITY]

WHAT YOU NEED: Dice from "Angry Dice" Activity

WHAT YOU DO:

- Make sure kids have their dice.
- Instruct the kids to pair-up.
- Direct one kid to share something that makes them angry while the other rolls their die and suggests a way to calm down.
- Say, "These are good ways to show self-control and **Don't let your anger control you.**"
- Close your group time in prayer.

WHAT YOU SAY:

"Dear God, thank You for giving us ways to control our anger and emotions. We know that You are in charge and we can trust You. We love You, and we pray these things in Jesus' name. Amen."

As adults arrive to pick up, invite the kids to show them their "Angry Dice" and demonstrate how to use them.

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