



FAMILY LESSON - WEEK 5

Elementary Materials: Something to wrap up with (toilet paper, streamers, or blankets)

Preschool Materials: Paper for Stop, Look, and Listen Signs, Something soft to rest on, 2-3 books or toys

CIRCLE UP

Use this time to gather together and get everyone talking.

DO

Have each family member choose a number between one and nine. Then have them make a face to reflect the emotion that goes with each number:

1 - Silly

4 - Sad

7 - Nervous

2 - Mad

5 - Happy

8 - Frustrated

3 - Scared

6 - Excited

9 - Confused

SAY

When you feel bad for something you have done wrong, that's called feeling guilty. When we're feeling guilty for something we did or we're feeling really mad, we can remember that Jesus forgives us and that God will help us! Say this after me:

Elementary (ES)

When I Feel Guilty,

(look at ground, hand over eyes)

Jesus Forgives Me

(hold arms out wide)

Preschool (PS)

When I'm Mad, (make mad face)

God (point up)

Helps Me (hands in front, palms up)

WATCH

Watch today's Elementary and/or Preschool video on the web page where you found this lesson or on the KidSpring App or YouTube channel.

ASK your Elementary Schooler:

Have you ever done something that made you feel guilty?

How does knowing Jesus forgives you when you ask help you deal with how you feel?

The next time you feel guilty about something, what are you going to do?

ASK your Preschooler:

Who can help you when you are mad? (God, family, siblings, etc.)

HAVE FUN TOGETHER

Do the following to help your kids walk through emotions of feeling guilty or mad.

PLAY “Caution Tape Wrap Up” with your Elementary Schooler:

Have two family members work together to wrap up another family member with “Caution Tape” - blankets, streamers, toilet paper, etc.

(If you have more than three family members, you can make it a competition to see who can wrap up one family member the fastest!)

After they’re finished wrapping, have the family member break free from the “Caution Tape.”

BUILD a “Safe Zone” with your Preschooler:

Print the Stop, Look, & Listen Signs, or draw your own. Then find a spot in your home away from distractions to be your child’s safe zone.

Place the signs there, along with something soft to rest on and/or yell into to let out frustration or anger. Add 2-3 books or toys that your child loves.

SAY to your Elementary Schooler:

Sometimes we may find ourselves all wrapped up, but not with a blanket or streamers — with feelings of guilt!

When we’re wrapped up in what we’ve done wrong, it can seem like we’ll never get out of feeling bad.

But to break free from feeling guilty, all we have to do is ask Jesus to forgive us, and He will! When we remember that Jesus forgives us, we can accept his forgiveness and move on!

SAY to your Preschooler:

When you feel mad, head to your “safe zone!”

While in the “zone,” take a few deep breaths and ask God to help you!

God will hear you, and He will help you!

PRAY

Father God, we’re sorry for the wrong things we’ve done. Thank You for sending Your Son, Jesus, to take our punishment so that we can be forgiven by You. Help us do the right things when we’re mad, and please free us from feelings of guilt. We love You! Amen.