



Wk 7 - 4-5 - TNT Cards



Wk 7 - 4-5 - TNT Cards



Wk 7 - 4-5 - TNT Cards



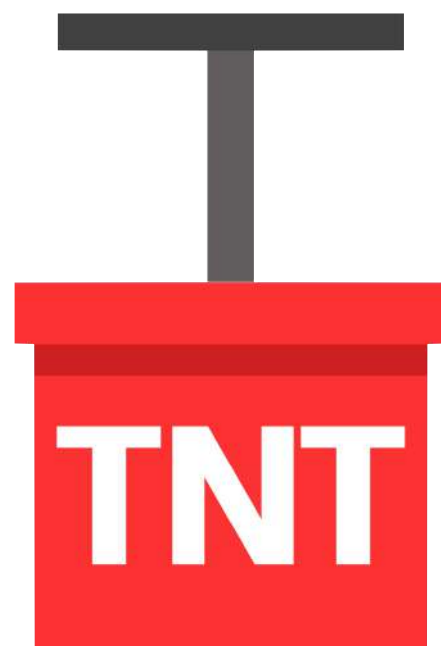
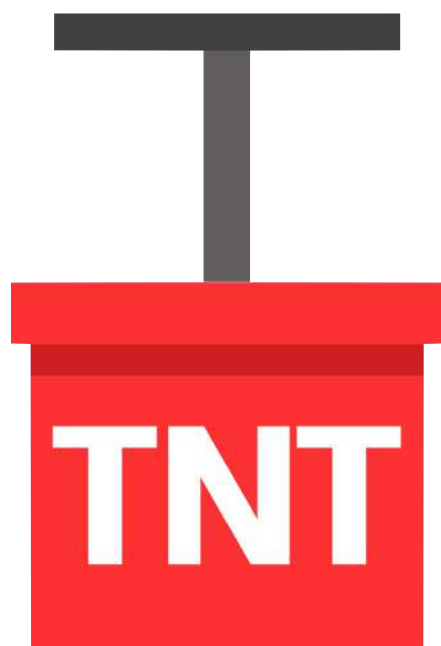
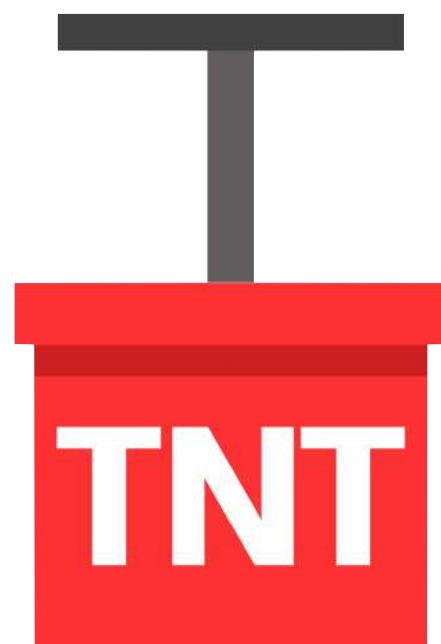
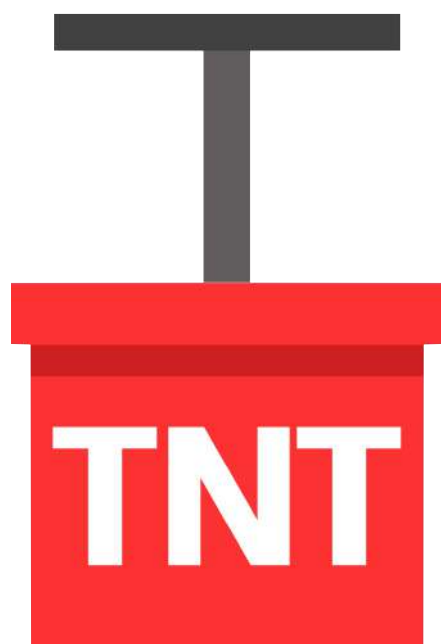
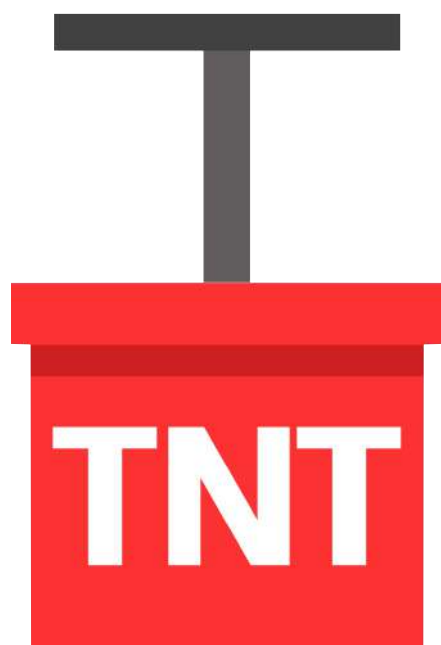
Wk 7 - 4-5 - TNT Cards

*Luke's little brother is bothering him, because he keeps asking for help with a video game while Luke is trying to get his homework done. Where do you think Luke's anger is measuring up to? (2) What can Luke do to help the situation?* (Ask his brother to stop asking him questions until his homework is done, find a better place to do homework, take some deep breaths, etc.)

Wk 7 - 4-5 - TNT Cards

*Somebody has stolen Cara's headphones from her backpack for the third time. Her heart is racing and her face is turning red. She feels like she is going to explode. Where do you think Cara's anger is on the tape measure? (5) What can she do to have self-control?* (Pray and ask God to help, talk to a grown up) *Do you think it would help if she did jumping jacks or screamed into her pillow?* (Yes) *Yes, both are good ways to let out frustration!*

Wk 7 - 4-5 - TNT Cards



***Lacy's sister wore her new shirt and got ketchup all over it. She is so mad she could cry. Where is Lacy's anger measuring up to? (4) If she thinks about getting back at her sister, what can she do to have self-control? (Pray and ask God to help her forgive her sister, do something kind for her sister instead, walk away from her sister for a little while)***

Wk 7 - 4-5 - TNT Cards

***Jay's brother is annoying him by calling him mean names, and it hurts Jay's feelings. He wants to call his brother mean names right back. Where is Jay's anger measuring up to? (2) Jay's brother may stop if Jay does something really kind for him. What could Jay do for his brother? (One of his chores, give him something, etc.)***

Wk 7 - 4-5 - TNT Cards

***Gabe's sister comes and turns his video game off while he's in the middle of playing. He is almost to a new level and when he turns it back on, he realizes all of his progress is lost. He can feel himself getting angrier by the second, and he's about to throw his controller at the wall. Where is Gabe's anger measuring up to? (5) How would throwing that controller probably turn out for Gabe? (He'd break something, get in trouble) Not having self-control when we're angry will only make things worse.***

Wk 7 - 4-5 - TNT Cards

***Kailey's mom keeps asking her to clean her room. Kailey isn't obeying her mom, so she gets grounded. She isn't allowed to play outside for the next three days after school. She is frustrated and wants to say mean things to her mom. Where is Kailey's anger measuring up to? (3) How can Kailey calm down and make it right? (Ask for her mom's forgiveness, clean her room, pray and ask God to give her self-control in the future, thank God for her mom and her room)***

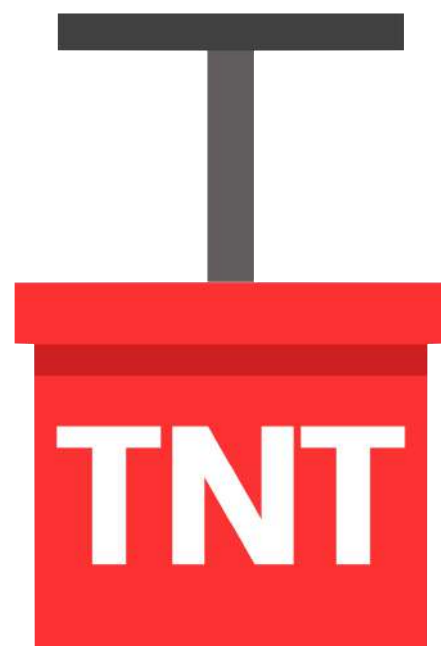
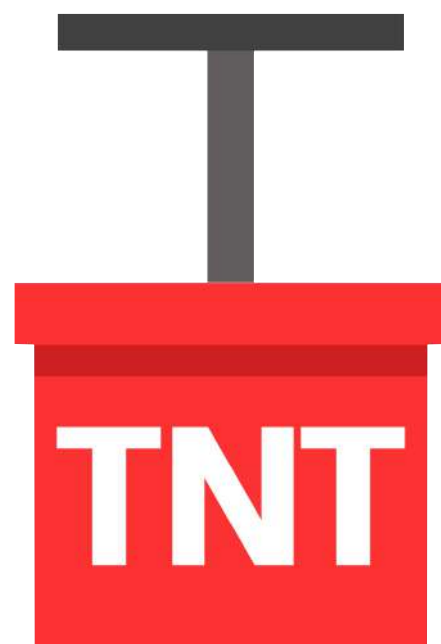
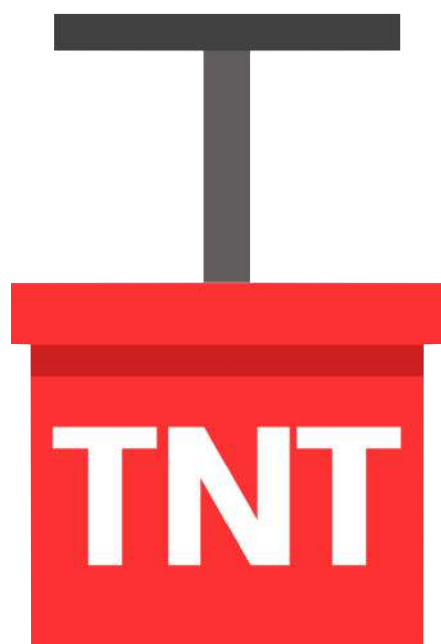
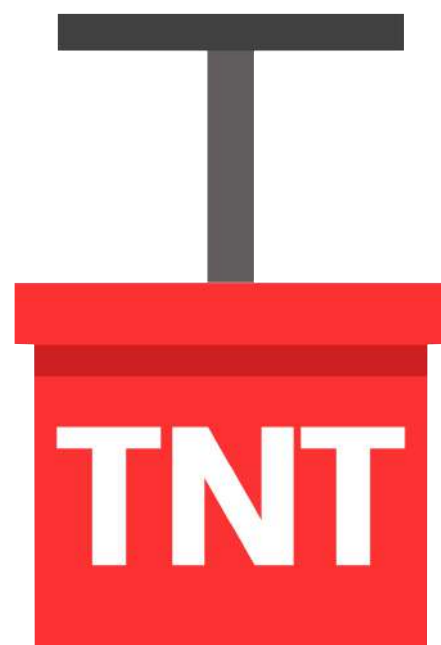
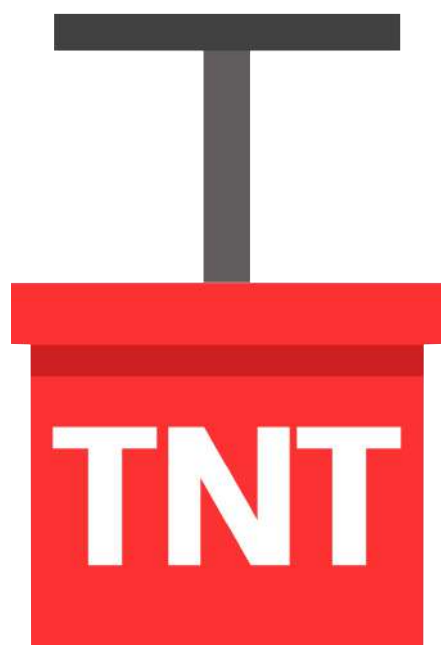
Wk 7 - 4-5 - TNT Cards

***Jake's best friend got brand new soccer cleats, but he's frustrated because he still has to wear the same ones from last season. Where is Jake's anger measuring up to? (3) Jake is at the mall and sees a new pair of cleats and thinks about taking them. Who can help Jake have self-control and know the right thing to do? (God) Instead of being angry, what can Jake thank God for? (The cleats he has, that he gets to play soccer, etc.)***

Wk 7 - 4-5 - TNT Cards

***Maddy is having a really great day today. She has gotten lots of compliments on her new dress and she got to be the line leader. Where is Maddy's anger measuring up to? (1) Because Maddy is having a great day, and she's not feeling angry, Maddy can pray and thank God for allowing her to have a great day! What are some things Maddy can thank God for? (Her dress, her happy feelings, being the line leader)***

Wk 7 - 4-5 - TNT Cards



***Cason was at the pool and slipped and fell in. His friends were all watching and now they're making fun of him for being clumsy. Cason wants to make fun of them right back because he's frustrated and embarrassed. Where is Cason's anger measuring up to? (3) Getting even may seem like the easiest choice to make in a moment, but what would be the better choice for Cason to make? (Forgive them, walk away for a little while, pray and ask God to help)***

Wk 7 - 4-5 - TNT Cards

***Josie is being bullied at school. It really makes her feel annoyed when the bully pushes her in the hallway. Where is Josie's anger measuring up to? (2) How can Josie show self-control and deal with the bully? (Talking to an adult who can help) It's never OK for someone to bully you. It's understandable that it would make you angry, but the right thing to do is to tell an adult you trust about what is happening.***

Wk 7 - 4-5 - TNT Cards

***Jesse got good grades at school this nine weeks and his mom told him that he can pick out a new nerf gun as a reward. Where is Jesse's anger measuring up to? (1) Jesse is having a great day! How can Jesse show that he is thankful for such an awesome day? (Tell God) That's right! Some days are really great. We should always remember to STOP and thank God for the days when we don't feel angry.***

Wk 7 - 4-5 - TNT Cards

***When you're feeling angry, what are a couple of ways you can have self-control and not let your anger explode? (Pray, take deep breaths, walk away for a few minutes, forgive the person that hurt you) Those are all great ways to have self-control!***

Wk 7 - 4-5 - TNT Cards

***Sophie is disappointed because she wasn't invited to a birthday party for her best friend when everyone else in her class was invited. She has decided she doesn't want to be friends with anyone who went to the party. Where does Sophie's anger measure up to? (3) God can help Sophie have the self-control to forgive her friends and not give up on them just because they made a mistake. If Sophie isn't sure she can do that, who can she pray to for help? (God)***

Wk 7 - 4-5 - TNT Cards

***Caden's sister bit him on his arm because he wouldn't let her have her favorite seat in the living room. Caden is chasing her down because he is planning to bite her back. Where is Caden's anger measuring up to? (5) If Caden bit his sister, would his actions be helping or hurting the situation? (Hurting) When we're feeling angry, what three things have we learned to do? Hint: They are three signs you see in large group. (STOP, LOOK, and LISTEN)***

Wk 7 - 4-5 - TNT Cards