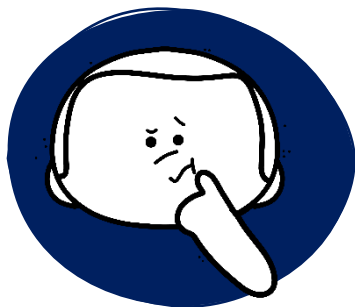


# How do I feel today?



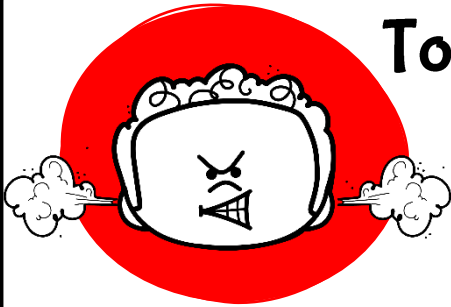
These cards are designed to help children unpack their feelings at the end of the day. Children can pick a card which best describes how they are feeling and complete the activity to unpack their feeling with God.

Each card also contains a Bible Verse to remind us that God is with us through the good times and the challenging ones.

The following items will need to be available for the activities.

- A cup
- Access to a tap and sink
- Paper
- Pens/pencils
- A length of string or wool
- An upbeat worship song

If your child is uncertain about how they are feeling or is feeling a mixture of emotions just take time to complete all the relevant cards. The activities can all be completed in a short amount of time.



Today I feel...

**Angry**

When situations are unfair or somebody treats you meanly it can make you feel angry. Even God gets angry when there is injustice in the world; but we must not let anger control us and cause us to behave badly.

**Ephesians 4 v 16** reminds us:

**“When you are angry, do not sin, and be sure to stop being angry before the end of the day.”**

Complete this activity to let out your anger and give any problems or events that caused it to God.

Write or draw on a piece of paper the things that have made you angry. Crumple up the paper, stomp on it, rip it apart, destroy it.



Ask God to take away your anger.



# Today I feel...

## Sad

God loves us and knows when we are hurting or upset. When we cry or feel sad God always knows. We are never alone and can always speak to God about how we are feeling.

In **Psalm 56 v 8** David wrote:

**“You have kept a list of my tears.”**

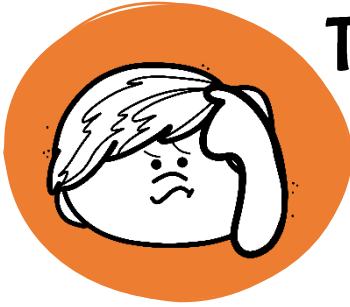
David knew that God was always with him even when he was feeling sad.

Complete this activity to remind you that God is with you when you are feeling sad.

Fill up a glass of water at the sink. As the glass fills tell God all the things that are making you feel sad either out loud or in your head.

Then gently pour the water away and ask God to comfort you and be near to you.





Today I feel...

**Confused**

Sometimes things happen that we just don't understand or maybe you are learning about a new topic in school and finding it tricky. How amazing that we are friend with God who knows everything! We can ask God to help us understand and respond to challenges and difficulties.

**Proverbs 3 v 5** reminds us:

**“Trust the Lord with all your heart,  
and don't depend on your own  
understanding. Remember the Lord in all  
you do, and he will give you success.”**

Complete this activity to give your confusion to God and ask him to give you understanding.

Take a piece of string, hold it in a tight ball in your hands. Speak to God in your head or out loud and share the things that you are finding confusing.

Take one end of the string and carefully pull it from your hand. As you pull ask God to take away your feelings of confusion.





# Today I feel...

## Excited

It's great to be excited, it usually means there is something to celebrate or prepare for. God loves to share in our excitement and join us in celebrating the good things in our life.

In **Jeremiah 29 v 11** God told Jeremiah:

**“I know what I am planning for you. I have good plans for you, not plans to hurt you. I will give you hope and a good future”**

Complete this activity to say thank you to God that there are good things to celebrate, prepare for and be excited about.

Pray a thank you prayer to God for all the things that you are excited about. Jump up and down on the spot, can you think of something new to say thank you for and shout out every time you jump?





Today I feel...

**Proud of  
myself**

God loves to celebrate with us when we do things well; He is proud of all our achievements. It is great to celebrate when we do something well.

**Zephaniah 3:17** says:

**“The Lord your God is with you... he will sing and be joyful about you.”**

How amazing that God sings for joy about us!

Complete this activity and spend some time celebrating your achievements with God!

Put on a celebration worship song. Spend some time singing, dancing, jumping and worshipping, celebrating your success with God.





Today I feel...

**Worried**

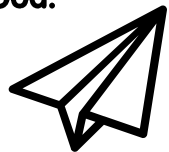
Sometimes we might feel worried or anxious, but God wants us to remember that He is always with us. God is bigger than anything that we are scared of and bigger than any of the challenges we face.

In **Isaiah 41 v 10** God says:

**“So don’t worry, because I am with you.  
Don’t be afraid, because I am your  
God. I will make you strong and will help  
you; I will support you with my right  
hand that saves you.”**

Complete this activity to give your worries to God.

The Bible says we can give all our worries to God. Write or draw anything that is worrying you on a piece of paper.



Fold the paper into a paper aeroplane or scrunch it into a ball. Throw the worries as far away as you can asking God to take all your worries away.



Today I feel...

**Scared**

Sometimes we have to face things in life which are difficult or scary. The good news is that God is always with us and is bigger than any of the things that might scare us.

When Joshua had big challenges ahead in **Joshua 1 v 9** God told him:

**“Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”**

Complete this activity to ask God to help you be brave and to face your fears.

Write or draw the things that scare you on a piece of paper. Put the paper on the floor on the other side of the room.



Pray and ask God to help you be brave. Walk right over to the paper, pick it up, rip and destroy it. Remember God is with you when you next have to face your fears.





Today I feel...

**Happy**

God wants us to be happy, in fact God wants us to experience joy, the best happiness there is. When we are happy and filled with joy it overflows to those around us.

**Psalm 144 v 15** says:

**“Happy are the people  
whose God is the Lord”**

How great that being a friend of God can give us even more joy and happiness.

Complete this activity and spend some time thinking about sharing God’s joy and happiness.

Fill up a glass with water at the sink. As the glass fills up share with God all the things that have filled you up with happiness today.

As the water reaches the top and overflows ask God to help you share your happiness with others especially those who don’t know God as their friend yet.





# Today I feel...

## Tired

Some days just make us feel tired, God knows how important it is to take a break and rest. God took a day off after creating the world, Jesus managed to sleep in the middle of a big storm! It is important to rest and get our strength back when we are tired.

In **Matthew 11 v 28** Jesus said:

**“Come to me, all of you who are tired and have heavy loads, and I will give you rest.”**

Complete this activity to give all the things that have made you feel tired to God.

Find a quiet place to sit where you are comfortable.

Close your eyes. Think of all the things you have done today which have made you tired. Some of them might be good things some not so good. Imagine each one as a heavy brick you are carrying.

In your mind imagine God taking each brick away. Ask God to fill you with his peace and rest.

