



Sunday School **Home Guide**

Name: _____

6.2 – We Don't Talk About...Anger

This week

There are lots of things that are tough for kids (and adults) to talk about – fear, anger, sadness, and loneliness. During this unit, we will look at these things and what the Bible says about these topics. We'll learn that it's okay to talk about our struggles, because when we are weak, God is strong! This week, we read about when Moses hurt an Egyptian in Exodus 2:11-14, and learned that it's important to talk about why we are feeling angry so that we don't let anger control us.

Questions to ask your kiddo...

- What do you do when you get angry at someone?
- What did Moses' anger cause him to do?
- What should Moses have done instead?
- Who should we talk to when we are angry?

This Weeks Challenge

It's important to learn while we are young how to deal with volatile emotions like anger. The more you can model good anger management, the more your children will pick up on those habits. I did this often when I worked at a preschool, and still try to model this when I can during Sunday Services. I would voice to the students when I'm feeling frustrated. then I would externally work through it by taking deep breaths, praying, turning on worship music, etc. What I found was that the kids would begin to mimic this behavior. I would see them start to pause and take deep breaths, or voice to me that they're feeling angry or frustrated. Parents, this week take some time to be honest with your kids about what you're feeling, and work through it in a healthy way where your children can see you. Practice calm down techniques with your children, and remind them always to turn to God when they're feeling this way.

Memory Verse

"So confess your sins to one another. Pray for one another so you might be healed. The prayer of a godly person is powerful. Things happen because of it."

James 5:16 NIRV

