



## Younger IK Groups- PreK- 1st grade

**March 5, 2025**

**Bible Story:** Anger- Matthew 5:21-26

**Big Idea:** God helps us calm our anger.

**The Win:** Kids who can identify and take their next step of discipleship by embracing a preschooler's physical needs or engaging an elementary kid in things that interest them.

### Wednesday Share:

Tonight during Impact Kids, we looked at Matthew 5:21-26. Jesus says that the command not to murder goes beyond simply not killing; harboring anger and speaking in anger means we're subject to judgment. Instead, we should settle matters with people quickly. Kids have a hard time managing their anger. Developmentally, this is a skill they need to learn and hone. Talk about ways to help your kids have the tools to calm their anger with God's help, instead of lashing out.

### Leader Devo:

<https://parkwaychurch.tv/blog/2025/02/26/mar-5>

### Dig In to Prayer:

Ask God to help your kids find ways to feel calm and bring peace when anger begins to bubble up.

### Quick Tip:

Sometimes you'll find yourself feeling angry with kids who just won't listen. The way you act in anger can set a positive model. Ask God to help you remain calm and help you find peaceful ways to redirect kids. Ask God to help you be firm and clear without being angry. If you do fly off the handle and yell at kids, model apologizing for acting out of anger.

### Wednesday Group Schedule

Leaders Arrive: 6:15 PM  
Family Dinner: 6:30 PM – 6:50 PM  
K-3rd Outside Play: 6:50 PM- 7:20 PM  
4th & 5th Small Group: 6:50 PM- 7:30 PM  
K-3rd Small Group: 7:25 PM- 8:00 PM  
4th & 5th Outside Play: 7:30 PM- 8:00 PM  
Dismiss: 8:00 PM- 8:05 PM

## Low Energy Game:

### Supplies

- storm sounds and calm wave sounds (optional)
- music player (optional)

### Talk About It

**Say:** When something is going too fast or too rough, it can be scary. Share an example of a time you felt out of control, such as when your car slid on the ice, when you had a bumpy airplane ride, or when you tripped down some stairs.

**Ask:** • Tell me about a time you were going too fast to stop. Kids may say they went too fast down a big hill on a sled, they went too high on the swings, or they couldn't stop on their bike on a hill. It's okay if not everyone has an example to share.

**Say:** When we're angry, it's hard to stop feeling angry and feel calm and peaceful again. But God helps us calm our anger. Let's play a game to help us think about that.

### Play Row Your Boat

- Form pairs, and have partners sit facing each other with their legs extended and their feet pushing against each other's feet. Encourage kids to grab their partners' hands.
- Kids will rock forward and back with their partners as if they're rowing a boat.
- Encourage kids to start rocking slowly, gradually increasing the speed of their rocking until they're going as fast as they can.
- While kids are going fast, say: Wow, these are some out-of-control waves.
- Let's make some calm waves instead.
- Encourage kids to rock slowly again. Alternate between calm waves and rough waves as time allows.
- If you'd like, play storm sounds during the fast rocking and calm wave sounds during the slow rocking.

**Say:** When we went really fast in our game, it felt like wild, out-of-control waves instead of calm, peaceful ones! Angry feelings make it hard to feel peaceful, too. But God helps us calm our anger. He helps us let go of our angry feelings and feel calm and peaceful instead.

## Talk About Video:

### Discuss and Watch "Calm Down, Carl"

**Say:** We're learning that God helps us calm our anger.

**Ask:** • Have you ever had a day where things just kept making you feel angry? Talk about that. Share your own story first.

**Say:** Let's see how our friend Carl handles it when one thing after another goes wrong.

### Watch "Calm Down, Carl."

**Ask:** • Which of the things that happened to Carl would make you the angriest?

• After everything that happened, what do you think Carl is going to do next?

• What would be a healthy way for Carl to handle his anger?

• How did Carl's story show how anger can build up if we don't ask God to help us calm down?

**Say:** When one thing after another happens to make us angry, anger can build up and make us feel like we're going to explode. But when we feel anger starting to build up, we can ask God for help because God helps us calm our anger.

## Deeper Bible:

### Supplies

- Bible
- blocks
- snacks (1 per child)
- large, soft balls (1 for every 5 or 6 kids)

### Talk About Holding On

**Say:** There are lots of times we need to hold on tight to something. Share about something you hold tightly. It might be your child's hand in the store, the railing on the stairs, or the handrails in the subway.

**Ask:** • What are things you hold tightly? Kids may say they hold tight to the chains on a swing as they go higher, to their dad's hand when they're in a crowd, or to the handlebars of their bike when they go fast.

**Say:** There are lots of good things to hold tightly, but sometimes we hold on to things that aren't good. Sometimes when we're angry at someone, we want to hold on to those mad feelings and stay mad at the person. But God knows it isn't good for our hearts to stay angry. **Read aloud**

### Psalm 37:8.

**Say:** God helps us calm our anger and let go of those angry feelings. Let's think about that some more with a game.

### Practice Letting Go

- Form groups of five or six kids.

**Say:** One thing people do when they're angry is make angry fists. Show kids how to clench their fists tightly. It's like we're holding tight to our angry feelings. Let's try to build something with blocks using angry fists.

- Give each group a pile of blocks, and ask kids to try to build something.
- Encourage them to keep their fists clenched.
- After a short time, say: Wow, it's really hard to build with our hands making angry fists. God helps us calm our anger. So let's open our hands as if God's helping us let go of our anger. Lead kids in opening their fists slowly. Give them a few minutes to build with blocks, commenting on how much easier it is with open hands.

**Say:** I wonder if we can play a game with our angry fists. Ask each group to make a circle. Lead kids to clench their fists again, and give each group a ball.

- Encourage kids to try to throw and catch the ball while keeping their fists clenched.
- After a short time, say: I think it would be better to let go of our angry fists. Lead kids to slowly open their hands. Let's try our game again with open hands. Ensure preschoolers are close enough together so they'll have some success with catching the ball. Encourage kids to throw the ball around the circle for a few minutes, commenting on how well they can use their open hands.

**Say:** Now let's have a snack. First we'll try eating it with our angry fists.

- Give each child a snack, and encourage kids to try to eat with their hands clenched in fists.
- After a short time, say: It's much harder to eat with our angry fists. Let's remember that God helps us calm our anger and open our hands to let it go.
- Lead kids in opening their fists slowly. Give them a few minutes to eat.

**Say:** It's so much easier to eat this way! With our angry fists, it was harder to do all those things we wanted to do. When we hold on to our anger, it makes it harder to enjoy good things like time with our friends and families. But God helps us calm our anger. Lead kids to pray, thanking God for helping calm their anger.

## Life Application:

### Sing It

**Say:** Today we learned God helps us calm our anger. Let's sing a song with soft voices to remind us of ways we can be calm.

Lead kids in the following song to the tune of "Mary Had a Little Lamb."

When I'm angry, take a breath,  
Take a breath, take a breath.  
When I'm angry take a breath,  
God will calm my anger.  
When I'm angry, walk away,  
Walk away, walk away.  
When I'm angry, walk away,  
God will calm my anger.  
When I'm angry, I can pray,  
I can pray, I can pray.  
When I'm angry, I can pray,  
God will calm my anger.

Repeat, as time allows.

### Pray

**Say:** Let's practice the last thing we just sang about—prayer. Lead kids in a brief prayer using a calming voice. Ask God to help kids remember what they can do this week when they're angry and to help calm that anger. I'm so happy you came to church today—I hope to see you next week!

## Activity Page with a Point:

### Younger Kids: Color a Coloring Page

Distribute the coloring pages and crayons. Say: We're learning about a time Jesus stood up on a hill to teach a big crowd of people! He taught that God helps us calm our anger. Let's color two people getting along.

Allow time for kids to color.

### Older Kids: Do an Activity Page

**Say:** In the Sermon on the Mount, Jesus taught that God helps us calm our anger. Let's see what a difference it makes when we get rid of anger and being mad.

Distribute the activity pages and pencils.

**Ask:** • What do you think this paper says?

**Say:** There's so much anger on this page, it's hard to read! Let's cross out the word MAD and see what happens. Kids will cross out the word MAD wherever it appears, then write the remaining letters in the blanks to make a message.

**Ask:** • How did getting rid of the word mad help you read the message?

- Why isn't it this easy to get rid of anger in real life?
- In what ways can being angry make it hard to see things right?
- How can we make peace instead of holding on to anger?

**Say:** We all get angry sometimes. But instead of holding on to grudges, we can make peace. God helps us calm our anger.

**ANSWER KEY:** Take a deep breath and ask God for help.