

City SG - January 12-13, 2019

Bible Story: Fool to Think (Slow to Anger) • *Proverbs 16:32*

Bottom Line: Think before you lose your temper.

Memory Verse: “God’s power has given us everything we need to lead a godly life.” *2 Peter 1:3a (NirV)*

1. Monster Masks

What You Need: Paper plates (1 per kid, per service), markers

What You Do:

- Set out the markers and give each child a paper plate.
- Instruct kids to draw an angry monster face on one side of their face and a happy monster face on the other side.
- Encourage them to make their monsters unique and as detailed as they wish.

What You Say:

“With all this monster talk, you’d think we talked about monsters in Large Group today. That’s not the case, but there’s a connection. **[Transition] Let’s go to Large Group to find out what we’re talking about today, and when we get back, I think we might just be talking about monsters again.**”

2. The Monster Inside

What You Need: “Monster Masks” from Activity #1, popsicle sticks (1 per child), clear tape

What You Do:

- Ask kids what they remember from Large Group.
- Remind them of the Bottom Line: **[Bottom Line] Think before you lose your temper.** Make sure they understand that when you lose your temper, it’s like letting all your anger out.
- Explain that when you get angry, it’s like there’s a monster inside that wants to roar and kick and scream and throw things and be mean to people.
- Hand out kids’ monster masks.
- Invite kids to come up with a name for their monsters.
- Show kids how to tape a stick to the bottom edge of the plate so they can hold up the plate like it’s a mask.
- Tell kids to hold up the angry side of their monster masks and pretend to be an angry monster. Give each kid a turn to say something as an angry monster.
- They can say things like, “My name is Millie Monster, and I’m ANGRY and I’m going to throw things!”
- Then instruct kids to hold up the happy side of their monster masks and pretend to be a happy monster.
- Give each kid a turn to say something as a happy monster. They might say something like, “When I want to throw things, I will have self-control and squeeze my pillow instead.”
- You might need to help with examples and ideas for other ways to channel the angry energy. You might want to ask kids to repeat what you say.

What You Say:

“Whenever you feel that angry monster starting to kick up some craziness inside of you, take a moment to think about what you’re feeling and choose to have self-control. Let the happy monster respond instead of the angry monster. It is so important to **[Bottom Line] think before you lose your temper.** Why? Because when we lose our temper, somebody can get hurt. We might hurt someone’s feelings, or we might actually hurt their bodies if we hit or throw things. We don’t want to do that, right? And I also know that when I lose my temper, I don’t feel right about it afterward. I know I didn’t do the right thing, and I need to apologize to the other person. So let’s all choose to think before losing our tempers, and let that happy monster take over instead.”

3. High to the Sky

What You Need: “High to the Sky” Activity Pages (1 per pair of children), scissors, jenga blocks (1 small pile per pair of children)

What You Do:

- Divide kids into pairs.
- Give each pair of kids a pile of blocks, scissors, and an Activity Page.
- Instruct kids to cut out the cards from their Activity Page, mix them up, and place them face down in a pile.
- One kid in each pair will draw a card from the stack and read it aloud to his partner.
- Then the other kid can add a block or two, according to the card’s instructions. (If they draw a “knock down the tower” card on the first round, they move on to the next card in the stack.)
- Invite kids to take turns drawing cards with their partner, reading the scenarios, and then building or knocking down their towers, until all their cards are gone.
- As you have your wrap up discussion, choose a couple of “knock down the tower” cards, and ask the group how they could react differently and positively in those situations.

What You Say:

“Losing your temper can ruin relationships that you have spent time building up. Losing your temper can make you feel bad too because there are consequences to saying and doing hurtful things. Those consequences might even include that person not wanting to be around you anymore. What other consequences do you think might come from losing your temper? *(Pause for responses.)* How do you feel after you have hurt someone’s feelings? *(Pause for responses.)* A good way to make sure you aren’t hurting your relationships with other people by saying things that will hurt them is to **[Bottom Line] think before you lose your temper.**”

4. Count from One

What You Need: “Count from One Scenarios” Activity Page (1 per group), slips of paper, container (1 per group), pens

What You Do:

- Give each kid a slip of paper and a pen.
- Number the kids, starting at one.
NOTE: For the purposes of these instructions, we’ll use the number ten, but you will use the number of kids in your group instead.
- Tell kids to write their number on their slip of paper, fold it, and put it in the container. Tell them they’ll need to remember their number.

- Explain that when you're tempted to lose your temper, it can help if you count to ten before responding. That will help you have self-control.
- Tell kids that they will get a chance to practice that right now.
 - You will read a scenario that describes a time when they might be tempted to get angry and lose their temper.
 - Then they will count from one to ten, with each person saying their own number.
 - You'll pull two numbers out of the container, and the kids with those numbers will come up with a way to respond to that scenario without losing your temper.
- Read through the scenarios on the Activity Page one at a time.
- After reading each one, give kids a different way to say their numbers: whisper, jump when it's your number's turn, each person's voice gets a little softer, etc.

What You Say:

"There are so many things that can happen in our lives to make us angry. And we all get angry sometimes. Anger isn't the problem—losing our temper is. When you get angry—and you will—the trick is to take a few moments, count to ten, and give yourself time to settle down before losing your temper.

[Make It Personal] (Tell kids an age-appropriate story about a time when you got angry and were tempted to lose your temper, but you were able to calm down and have self-control instead.)

"Raise your hand if you're going to do your best to ***[Bottom Line]*** think before you lose your temper this week. *(Pause. Raise your hand too.)* Me too!"

5. Pray and Dismiss

What You Need: Kids' masks from earlier activities

What You Do:

- Tell kids that you will pray, and while you do so, you'll guide them to hold their masks up.

What You Say:

"Hold up your happy faces as we begin. *(Pause.)* Dear God, we thank You for Your power. You are so amazing, and we're so glad You love us. We know that sometimes we get angry. *(To kids)* Hold up your angry face. *(Pause.)* God, please help us to stop and think when we get angry. Help us to not lose our temper. *(To kids)* Hold up your happy face. *(Pause.)* We want to do the right thing and live godly lives. In Jesus' name, amen."

**BEFORE DISMISSAL: AT "COMMUNION CALL"
HAND OUT "GOD TIME" CARDS TO EACH CHILD AND ALLOW THEM TIME TO BEGIN
WORKING ON THE WEEKLY ACTIVITY**

IF CHILDREN BRING THEM BACK THE FOLLOWING WEEK, THEY RECEIVE A PRIZE!