

Busy Bee - Myself - I Can Make Wise Choices

Requirement

Name at least four different feelings.
Play the Feelings Game.

Goal of this track

To enhance the children's care and appreciation for the individuals God created them to be

Concept Included in This Component

Feelings, values, decision-making, media..

Objective of this component

Upon completion of the Adventurer requirements the children will:

Know: the basic principles of wise decision-making,

Feel: the value of determining their own happiness and success by making wise choices in Christ, and

Respond: by using good decision-making skills to make choices in every day life.

Background Information

How to play the *Feelings Game*.

1. With the children, talk about different kinds of feelings and write each one on a small card or piece of paper.
2. Place the "feelings" cards in a bag or box.
3. Divide the children into groups of two or three and allow each group to draw a "feelings" card.
4. Instruct the groups to practice showing how they might look when they have that feeling (body language). Each group should also be ready to tell or act out a situation when they have felt that way.
5. After each group presents their "feeling" to the entire group, talk about ways in which God can help us deal with that feeling. (You may use the following steps for dealing with negative feelings.)

One's feelings have a strong influence on the decisions and actions one makes. Recognising and naming these feelings is the first step in being able to deal with them successfully.

Children experience both positive ("comfortable") and negative ("uncomfortable") feelings. A multitude of words describe these feelings.

Some positive feelings children might express include love, pride, confidence, excitement, enjoyment, happiness, courage, and security. These positive feelings may be dealt with by being thankful for them, enjoying them and sharing them with others.

Negative feelings that the children may recognise include anger, guilt, jealousy, sadness, loneliness, embarrassment, fear, disappointment, discouragement, anxiety, frustration and grumpiness. Children can be led through the series of steps in dealing with these feelings as shown in the first box that follows.

1. Tell Jesus how you feel. Ask Him for help.
2. Ask yourself:
 - * "What am I feeling?"
 - * "Why am I feeling this way?"
 - * "What shall I do about it?"
 - * "Is this a good thing to do?"
3. When you believe it is a good thing, do what you have decided to do.

Hurting oneself or other people or things is not a good way to deal with negative feelings. Neither is lying, running away from the problem, or thinking a lot of negative thoughts about yourself or others. Negative feelings can be dealt with by looking for solutions. It may be helpful to lead the children through the steps noted in the second box that follows.

1. Talk honestly with someone about your feelings.
2. Find out more about the problem and work to change it.
3. Be alone for a while.
4. Work out your feelings in a harmless way, such as crying, drawing or writing, or kicking a ball.
5. Tell yourself positive, helpful things.

Obviously, different solutions are appropriate for different situations, feelings and people.

At a very early age, children can begin to learn to recognise their feelings and to talk with someone about the feelings they have and how they can deal with them. They can learn to communicate their feelings in a kind way to helpful adults and to the person(s) who may have done something to bring about those feelings. Kind communication of feelings involves both choosing the words carefully and speaking in a kind manner. An adult can help the child decide how to communicate feelings by helping him or her to choose appropriate words as well as an appropriate time and place to share such feelings.

Teaching Tips

- Help children build the habit of recognising, naming, and dealing positively with their feelings whenever possible by:
 - * recognising children who appear to be upset;
 - * encouraging them to talk about what they are feeling and why;
 - * accepting the feelings they express without condemning the child or children;
 - * helping the children choose a positive way of dealing with the feeling(s).

- Another type of feeling game may be played by discussing, acting, or writing about feelings, reactions and solutions to specific situations, such as getting an "A," being teased, having a birthday, quarrelling with a sibling, or feeling left out.
- Children may also enjoy describing and/or discussing their happiest moment, saddest moment. etc.
- A matching card game could be made with cards showing various situations, feelings and solutions.
- You can use the boxes above which are also found in the workbooks, to give to the children on cards to take home to remind them of the steps they can take to deal with their feelings.
- Bible stories, texts and quotes that can be used in discussions are:

Happy/Cheerful:

Psalm 144:15 Proverbs 29:18 John 13:17

Excitement/Joy: Miriam at Red Sea

Exodus 15:19-21

Anger/Hatred: Cain, Haman

Matthew 5:44 Proverbs 14:17 Proverbs 16:32 Ephesians

4:26,31

Fear: David and Goliath, Esther, Gideon

Psalm 56:3; Joshua 1:9

Shame/Embarrassment: Peter

2 Chronicles 7:14 Romans 1:16

Sadness: Job

Psalm 30:5 Psalm 34:14 Psalm 126:5

Jealousy/Coveting: Joseph's brothers, Ahab and the Vineyard

Exodus 20:17 Colossians 3:2 James 3:16

Discouragement: Joseph in prison, John on Patmos

Romans 8:28 Proverbs 24:10 Matthew 11:28 Proverbs 3:5,6

Complaining/Grumbling: God sends the quail

Philippians 2:14 Philippians 4:11

"There is no such thing as following Christ unless you refuse to gratify inclination and determine to obey God." (*Messages to Young People*, page 154)

"Without divine help they will be unable to control human passions and appetites. In Christ is the very help needed . . ." (*Child Guidance*, page 467)

Norm's Notes

While this is the "feeling game" remember that the heading of this component is "I can make wise choices".

In the section above there are boxes which tell us how to handle negative feelings. Discuss these with the class, and ask the children if the steps make sense to them as a way of discussing these steps.

Use the Bible stories listed above, to further discuss feelings. These could be used as a worship subject before or after this component is used. In presenting these stories, do not only bring out the feelings that affected the people in the stories, but note the choices they made as they handled these feelings

The material here is taken from pages 14, 22 and 46 - 49 of the printed manual.