

Faith Builders: When I am angry!

Parents, you are welcome to use these ideas to help build your child's faith and encouraging them to become lifelong followers of Jesus Christ.

Quick Pick

Talk to your children about anger and arguing. Your child will learn more about not arguing from your example than from your words. In the days to come, be on the lookout for ways you can model calmness for your child in a tense situation. In an appropriate situation, explain to your child why you were angry. Then tell what you did instead of arguing. For example, "I was so angry that my car was not fixed yet. But instead of arguing with the mechanic, I decided to go for a walk and talk to the mechanic later when I was calm."



"Do everything without complaining or arguing, so that you may be blameless and pure." Philippians 2:14-15



Key Word

Argue means to disagree in an angry way.

Fun at Home:

On separate small pieces of paper write these words:

God, problem, pray, argue, kind, love, help, me, friend, disagree, act, say. Put the slips of paper, along with several blank pieces of paper, in a bag or container. Each person takes a turn to choose three pieces of paper. Then he or she makes up a sentence which includes the three words (blank papers can represent any word). The sentence should tell something about how God wants us to act when we are tempted to argue with others.

Now, Do the Craft activity provided and/or the game!

GETTING CRAFTY:

What Each Child Needs:

Newspaper
Lasagna sheet (or cardstock)
Alphabet pasta (or alphabet stickers)
Pasta in a variety of shapes
Acrylic paint in assorted colours
Paintbrushes
Craft glue
2 Magnets (Optional)



What Each Child Does:

1. Cover work surface with newspaper. Use one lasagna sheet (or cut cardstock to a desired length). Paint one side of the set and set aside to dry.
2. Pick out pasta letters to spell "DO EVERYTHING WITHOUT ARGUING." Paint letters a colour that will contrast with the colour you painted the lasagna sheet. Set pasta letters aside to dry.
3. Choose other pasta shapes to use as decorations and paint shapes as desired. Set aside to dry.
4. Glue the two magnets to the back of the lasagna sheet. Turn lasagna sheet over and glue the painted pasta letters onto lasagna sheet in the correct order. Glue the other noodles where desired. Let everything dry completely.
5. Hang the magnet on the refrigerator to remember not to argue with others.

GETTING ACTIVE

What You Need

Bibles
Index cards in a variety of colours
Marker
Scissors



What You Do

1. Print the words of Philippians 2:14-15 on index cards, one word on each card. Cut cards in half. Hide the pieces in the room for children to find. Make a set of same coloured cards for each child.
2. Invite the children to search for pieces of the verse cards. Once a child finds the first card, he or she keeps looking for the same-coloured cards.
3. Children place cards together to find the words of the verse. Children find verse in their Bibles and put cards in order. Children read verse together.

Have Fun!