

Kidmax at Home

Big Idea: God helps us when we are sad.

God Story: David Mourns | 2 Samuel 1

Supplies needed: Bible, "When I'm sad" activity page, markers, pens

Conversation Starters: Use these questions to get your kids thinking about the Big Idea. Get ideas flowing by sharing some of your own ideas too!

- When you're feeling hurt or sad, who do you go to first? Why?

Video: watch this week's video at www.themeetinghouse.com/kidmax

Pray & Discuss: After the video take time to talk about it together.

Supplies: Bible

- What happened in the God Story? What was the life story about?
- How do you think these two stories connect to our Big Idea (**God helps us when we are sad**)?
- When David was sad, what did he do? (Wrote a song of sadness)
- When you are sad, what do you do that helps you deal with your feelings?
- David was a poet. His ability to write songs and poems was God's gift to him. It helped David work through and show his sadness. It helped to comfort him, too.
- God helps each of us in a variety of ways when we are sad.
- Look up **Matthew 5:4** and have someone read it aloud.
- How might God help and comfort us when we are sad?
- **Pray:** God is a part of the conversation with us! You can model for your kids that they can pray to God anytime. You don't need specific words or length but it's great to tell God what you're thinking and ask for him to speak to you and remind you he is near.

Family Activity

Supplies: "When I'm sad" activity page (1 per person), markers, pens

- Give everyone an activity page, and read the text on it together.
- Complete the activity page. In each corner there's an idea for something to do when you feel sad. Draw or write something in each square (ex: write a simple prayer or draw yourself praying). If you want more space you can use the back of the page.
- As you work, highlight that God gives us ways to express our sadness and other emotions. He also uses them to help us get through these feelings.

Additional Activities

Which Emoji?

Supplies: Emoji signs (one set per family)

- Read the following scenarios, pausing after each one to allow families to hold up which emoji matches their reaction (it might be more than one for parents or kids!). Highlight that emotions are a normal part of human life, and talk about why you'd feel these ways in these situations.
 - A friend surprises you with your favorite candy.
 - You can't play a video game or go outdoors until you finish your work / homework.
 - You get invited to a party.
 - You're eating sushi for dinner.
 - It's time for bed.
 - A friend borrows your favorite toy / gadget and breaks it.
 - Your family is going on a bike ride.
 - You spill juice on your favorite shirt.
- If you want, come up with additional scenarios.
- To wrap, remind everyone how sad David felt in this week's God Story.

Feeling our Emotions

- Go through a bit of a yoga practice to help everyone feel how their body can react to different emotions, and then maybe how to help calm themselves when they feel those things. Have everyone start sitting cross-legged on the floor.
 - Angry: what makes you really angry? Scrunch up your face and your fists as hard as you can. How does that feel? (Stay here a few seconds). Now, relax. Loosen your face muscles, take a deep breath, open your hands. How does that feel different?
 - Scared: what are you scared of? Pretend you just saw or experienced that. What does your body do? Take a sharp breath in and stare at a point in the room. Bring your arms in close to your chest and make your hands into fists, like something just really scared you. (Stay here a few seconds). Now, relax. Take some deep breaths, soften your eyes or close them, let your arms and hands hang loose. How does that feel different?
 - Happy: what makes you happy? Lie down and close your eyes, and picture that happy thing. Pretend it's really there or happening right now. Now, focus on what your body feels like. What's it doing? What is tense, and what is relaxed? How do your eyes feel? Your face? Your hands?
 - Sad: what makes you sad? Lie down and close your eyes, and picture that sad thing. Pretend it's really there or happening right now. Now, focus on what your body feels like. What's it doing? What is tense, and what is relaxed? How do your eyes feel? Your face? Your hands?
 - Anxious: what is something that makes you anxious or worries? Invite everyone to stand up and pace back and forth, scrunching their faces like they're thinking something through. Maybe they're scratching their head or rubbing their face, or breathing really shallow. (Let this go for a few seconds). Now, stop. Sit down. Take a few deep breaths in, and out. Loosen any muscle that feels tight from your eyes and your mouth all the way to your toes. How do you feel now compared to when we were pretending to be anxious?

- End by teaching a breath prayer. God is always with us, and he can help us regardless of how we feel. A breath prayer is really easy, all you have to do is breathe in and speak to God, and breathe out and ask for something. Some examples are:
 - (breathe in) Dear God, (breathe out) help me to be brave.
 - (breathe in) Dear Jesus, (breathe out) thank you for the happiness I feel.
 - (breathe in) Heavenly Father, (breathe out) help me to calm down.
 - (breathe in) Holy Spirit, (breathe out) I know you are with me.
- See if your group can come up with some other breath prayer ideas.
- Close your time by choosing one breath prayer, and doing it 5-6 times over. Have everyone sit cross-legged and do the breath prayer, slowly, together.