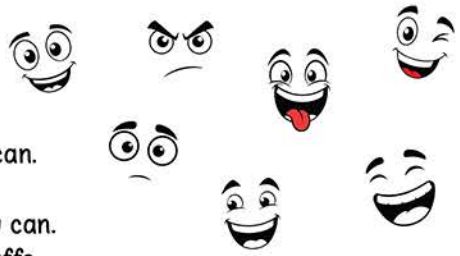


LET'S MAKE FACES!
WHAT DO THEY TELL US?

Faces can tell us a lot about how someone is feeling. What kind of face do you make when you laugh? How about when you are angry or surprised? What happens to your face when you are sad?

Stand in front of a mirror and watch what happens to your face when you:

- smile and show all your teeth.
- puff out your cheeks.
- make angry eyebrows.
- pucker your lips like a fish.
- open your eyes as wide as you can.
- squint your eyes.
- open your mouth as wide as you can.
- stick out your tongue like a giraffe.



DID YOU KNOW JESUS FEELS SAD TOO?

The shortest verse in the Bible says, "*Jesus cried.*" (John 11:35 ICB) He cried because his friend Lazarus had just died, and He was very sad.

There are lots of reasons we can feel sad. When:

- a friend won't share or take turns.
- we don't feel well.
- we get hurt.
- we're in the hospital.
- we miss someone.
- we miss something fun to go the doctor *again.*
- someone we love has died.

WHEN YOU ARE SAD, WHAT DO YOU NEED?

Sometimes when we're sad, we need:

- a hug.
- someone to talk to.
- a break from what is hard.
- to do something creative.

Sometimes we don't know what we need, and that's okay. When Jesus was sad, He prayed to God, who is a *great* listener. We can tell God everything! If we don't know why we're sad or we can't explain it, we don't have to, because God already knows. God loves us no matter how we feel. *Isn't that amazing?*

BIG FEELINGS - SHAPES & COLORS

What if big feelings changed the color of your skin? What if you turned bright yellow when you were happy or white when you were scared? What color would you be if you were feeling shy, or angry, or excited?

What would happen if your friends turned colors, too? If a friend was blue, you would know they were sad, so could cheer them up. If a friend was orange, you would know they were really excited about something.

Did you know that everyone has big feelings? Some feelings are hard, but some are amazing! It's great to feel happy, loving, or excited!

Sometimes we can tell others how we're feeling, but sometimes, our feelings are too big for words, and we show them in other ways, like stomping our feet or yelling, or hiding, or crying. Sometimes it's hard to find words for those feelings.

Colors and shapes can help us quickly show others what we're feeling.

MY BIG FEELINGS

Choose a color for each big feeling and color it in. If you're feeling really creative, name the big feelings, like *Fire-Belly* for angry or *Don't See Me* for shy and write them on the lines. Then, when you have a feeling too big for words, you can point to the shape and color to instantly show others how you feel.

