

Lesson 23 - God gave us Feelings

Aims

- * To learn about the different feelings we can express
- * To understand that God wants us to learn to love others

Materials

- * Pictures showing different emotions from, “God Made Me,” by Joanna Bicknell
- * Two poems - Poor Mr. Brown and Poor Mrs. Jones, from “A Child’s First Steps to Virtues,” by Emily Hunter
- * Pictures of emotions to cut and paste
- * A picture to colour of Mr. Brown
- * Pictures of blank faces to fill in

Lesson Outline

1. Introduction
2. Poor Mr. Brown & Mrs. Jones
3. Discussion
4. Activities - colour a picture, cut & paste pictures, blank faces, freeze
5. Review aims
6. Prayer

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1) Introduction

- * Talk about feelings. Show pictures of children with different emotions. What emotion is each child expressing? What does your face look like when you are sad or happy? When do you feel sad, happy, excited, bored, afraid, shy, angry, naughty?
- * Practice showing different feelings. Can you make a happy face? Sad face?
- * Make your face to show an emotion. Who can guess which emotion it is?

2) Poor Mr. Brown & Mrs. Jones

- * Show and discuss the picture of Mr. Brown. He is cold and alone at home. He needs wood for his fire. Look at his face. How does he feel? Sad? Lonely? Tired? How do you feel when you see the picture?
- * Read the poem and show the second picture. How does Mr. Brown feel now?
- * Show and discuss the picture of Mrs. Jones. She has bad legs and needs food from the store. Look at her face. How does she feel? Sad? Lonely? Tired? How do you feel when you see the picture?
- * Read the poem and show the second picture. How does Mrs. Jones feel now?

3) Discussion

How did Dan and Mary feel towards the old people? They felt sorry for them and wanted to help. They also felt love in their hearts towards them. When we feel love towards others this is how God feels also. God gave us many emotions, but feeling love for others is the most important. Caring, helping, forgiving and sharing are different ways to show we love others. The feeling of love comes from God. When we love others with God's love, we also feel this love within our own hearts.

4) Activities

- * Colour the picture of Mr. Brown
- * Cut and paste pictures of children with different feelings. Match them with the words
- * Fill in the blank faces with different emotions
- * Play a game of freeze. When the music stops, show an emotion

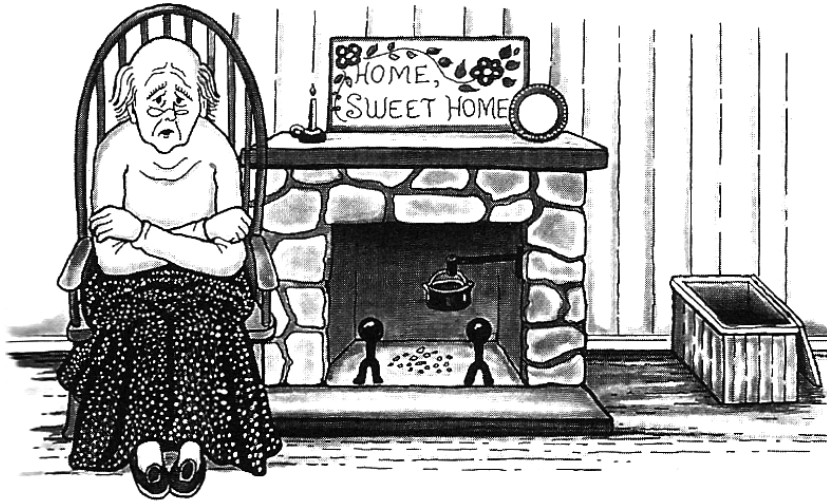
5) Review the aims of the lesson

- * To learn about the different feelings we can express
 - *sad, happy, excited, bored, afraid, shy, angry, naughty*
- * To understand that God wants us to learn to love others
 - *Caring, helping, forgiving and sharing are ways to show love*
 - *When we love others, we also feel this love in our own hearts*

6) Prayer

- * Say a prayer to thank God for giving us the ability to feel different things. Ask God to help us to learn to love others..

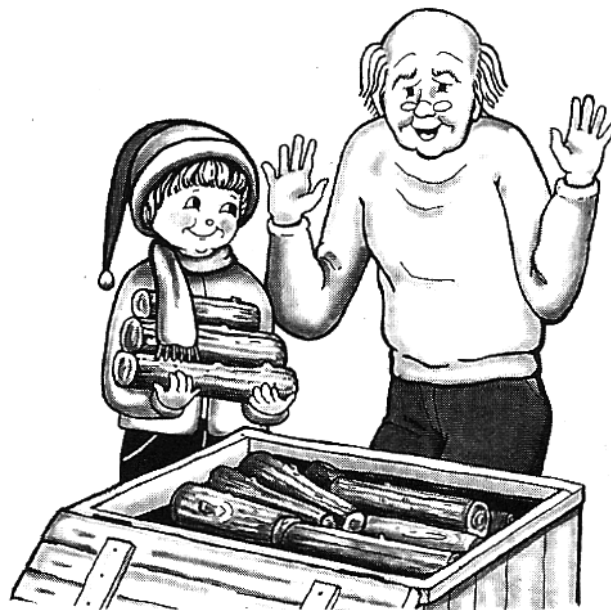
POOR MR. BROWN



Poor Mr. Brown. He's tired and old.
He needs a fire. His house is cold.
But he's too tired to gather wood.
"Should I go help him? Of course, I should!"

"I'll fill his wood box best I can!"
Said helpful, happy Little Dan.
And that's exactly what he did.
He filled his wood box to the lid.

If Jesus came to our neighborhood,
He'd be so helpful, kind, and good.
He'd take Mr. Brown some kindling wood.
So I'll help those in my neighborhood.
If Jesus would, I know I should!



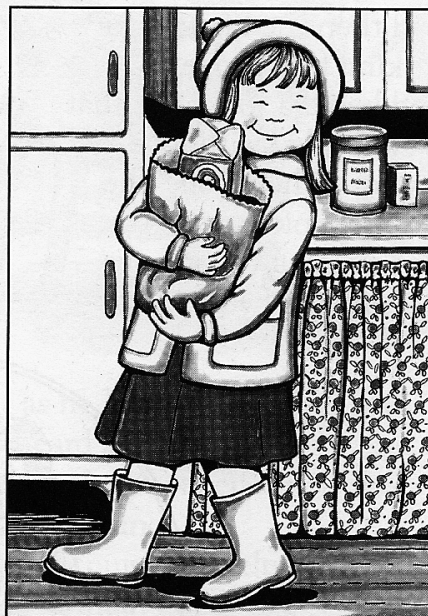
POOR MRS. JONES

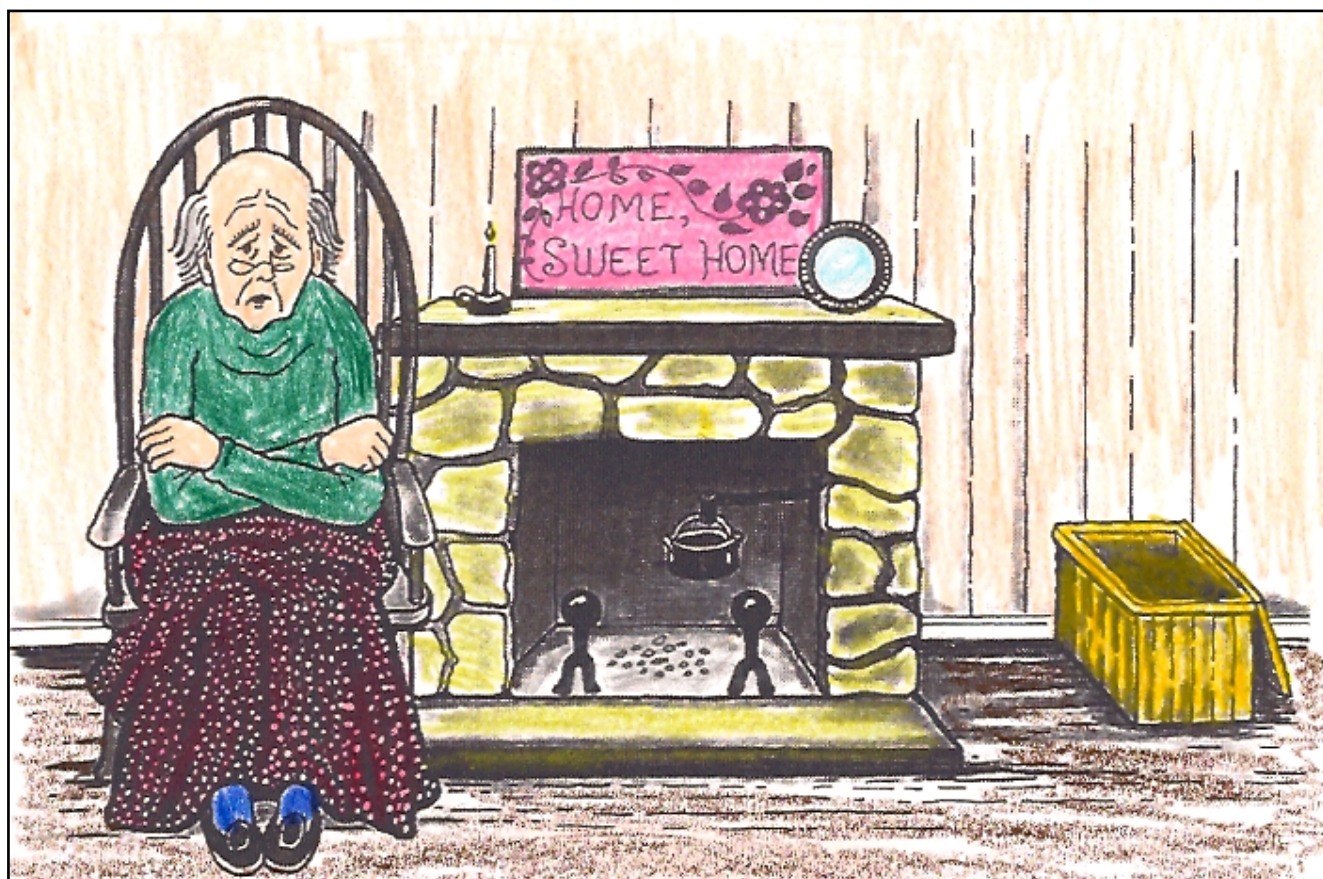


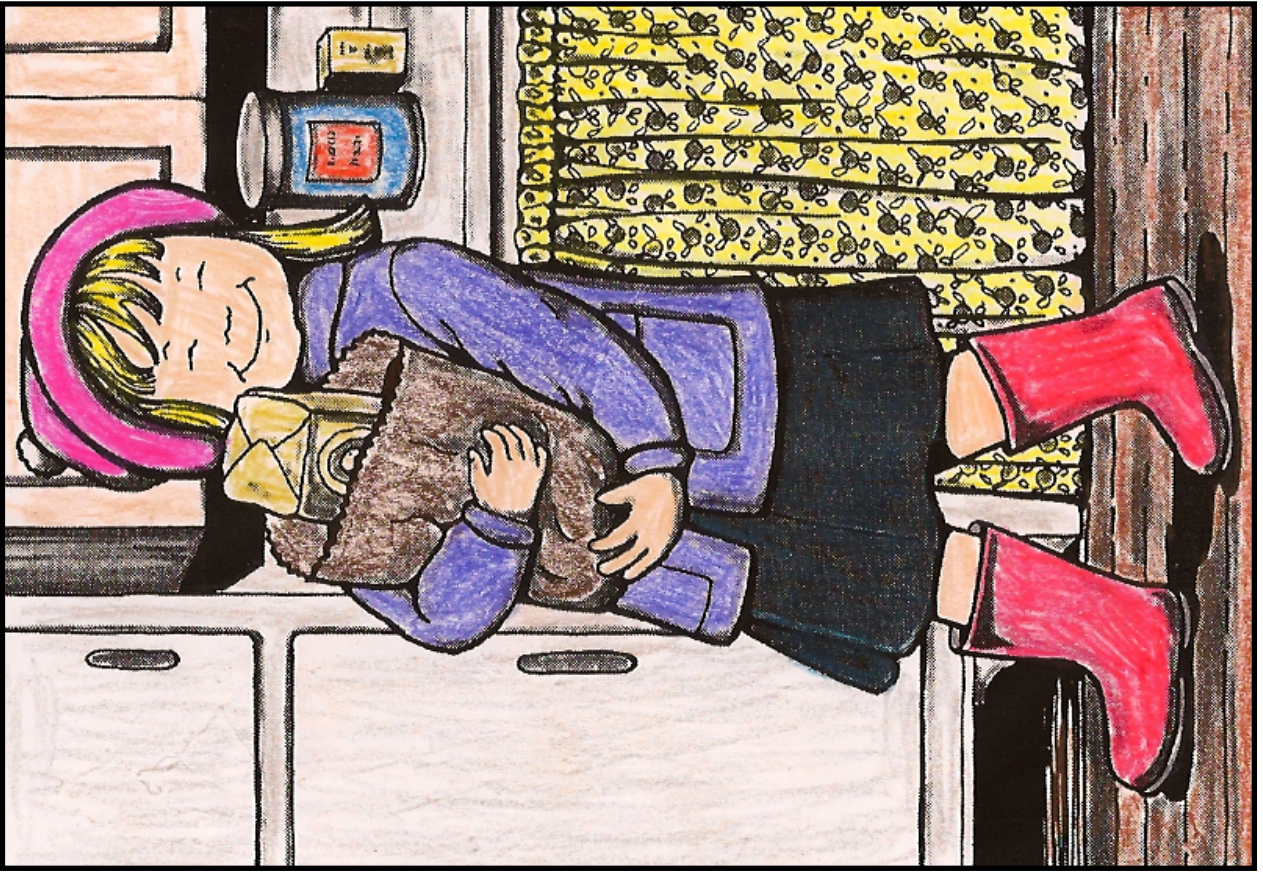
Poor Mrs. Jones can walk no more.
But she needs food from the corner store.
She's old and weak. her legs are lame.
She cannot walk without a cane.

"Should I go help her? Of course, I should!"
Said little Mary, so kind and good.
And so she ran with her two strong legs.
And brought Mrs. Jones Some bread and eggs.

If Jesus came to our neighborhood,
He'd visit the widow down the street
And take her some food so she could eat.
So I'll help those in my neighborhood.
If Jesus would, I know I should!

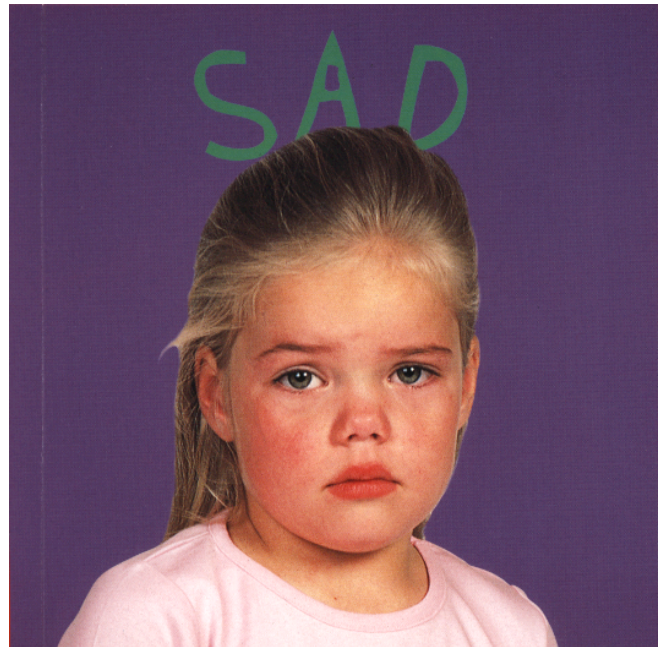
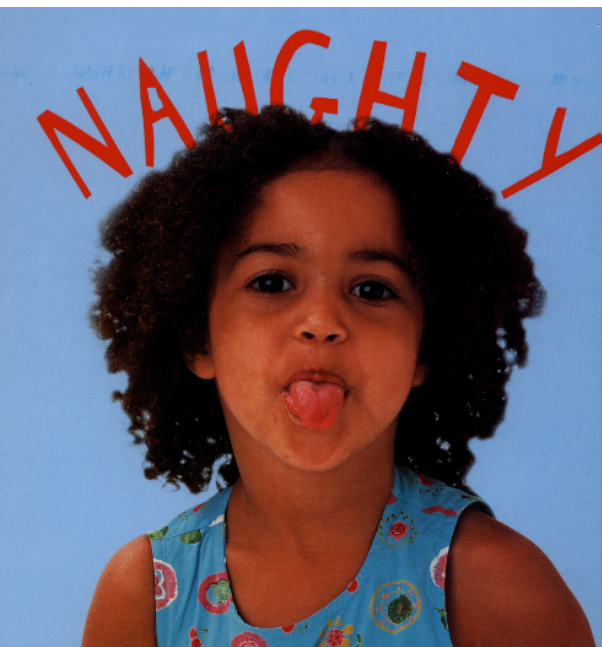
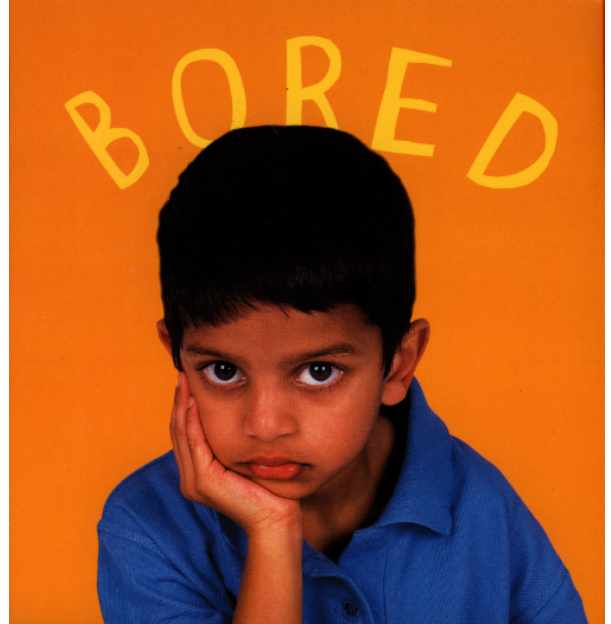
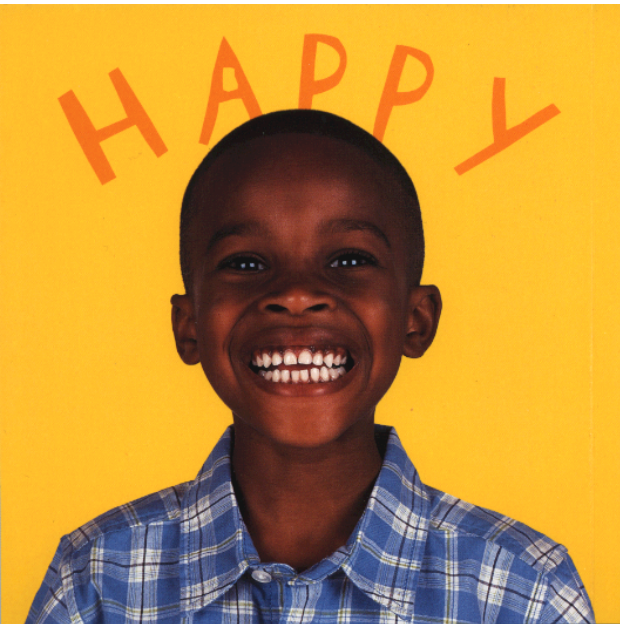




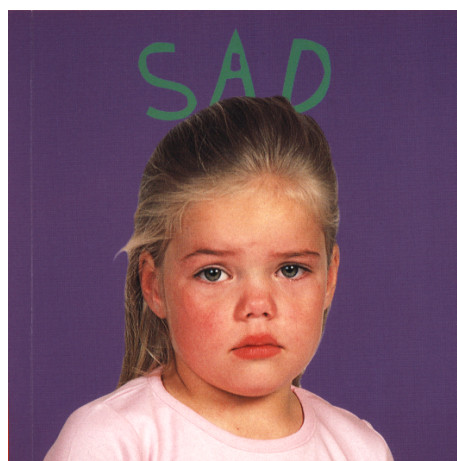
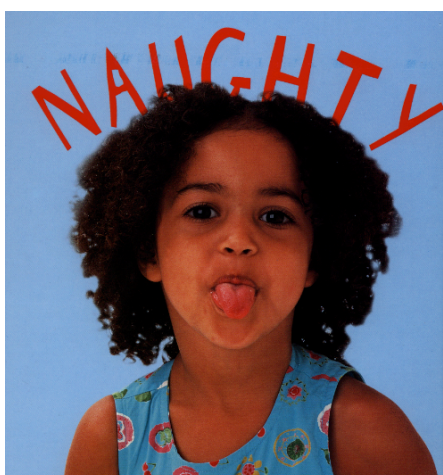
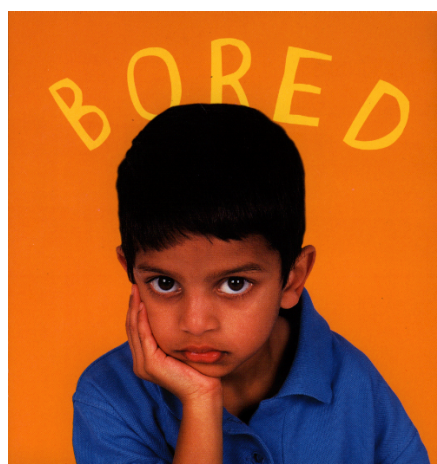
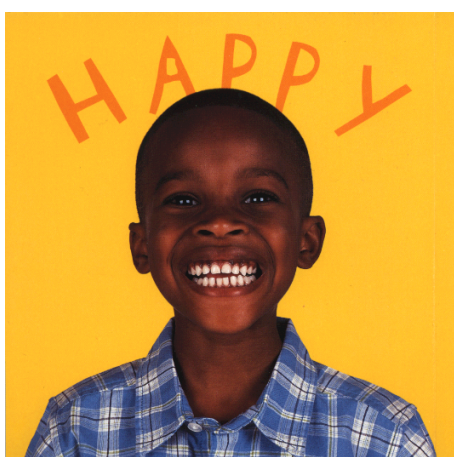
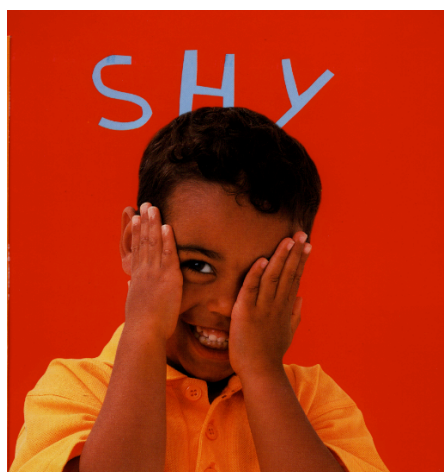


God gave us feelings





Pictures to cut and paste



God gave us feelings

shy

happy

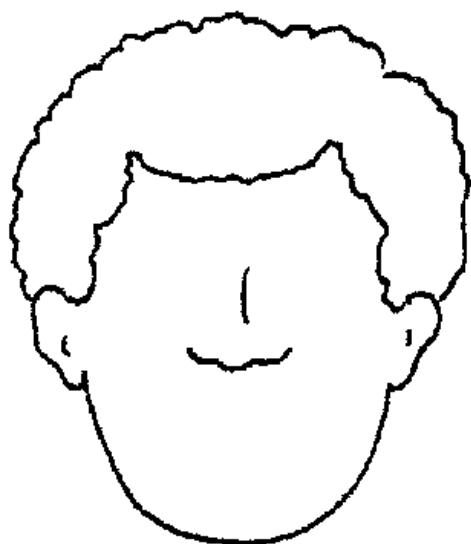
naughty

sad

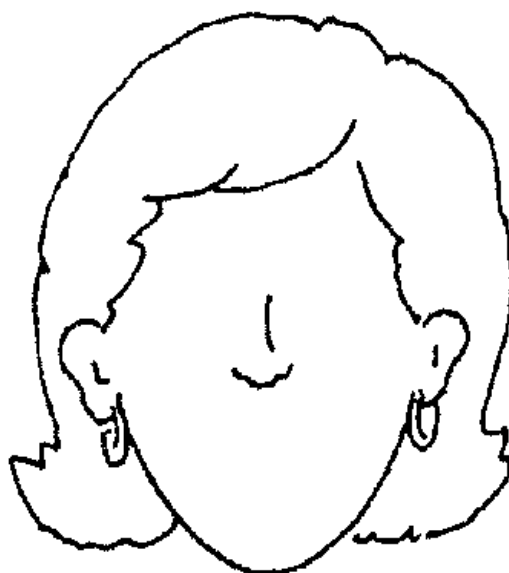
bored

excited

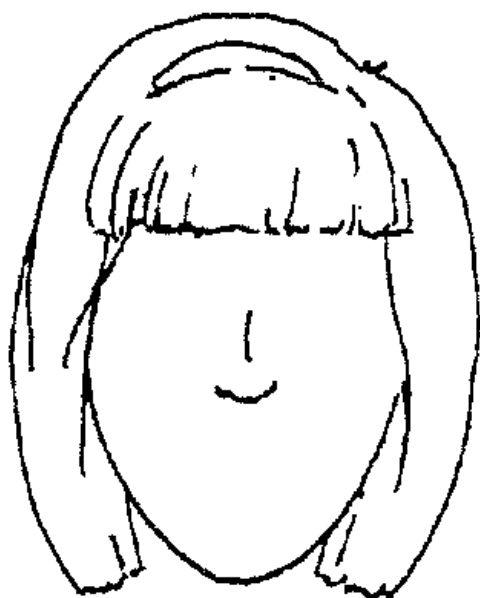
Four Emotions



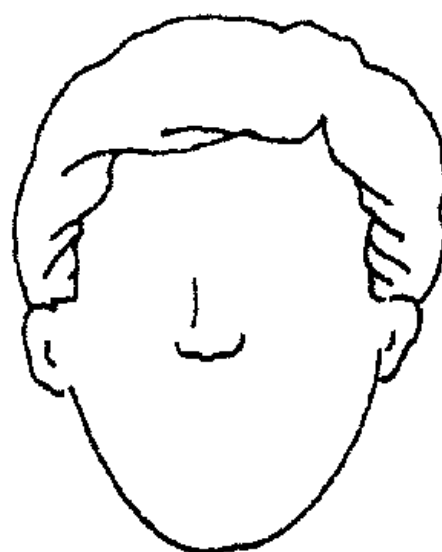
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