

It's **ok** to be **Mad**
It's **not ok** to be **Mean**



Be angry and do not sin;
Ephesians 4:26

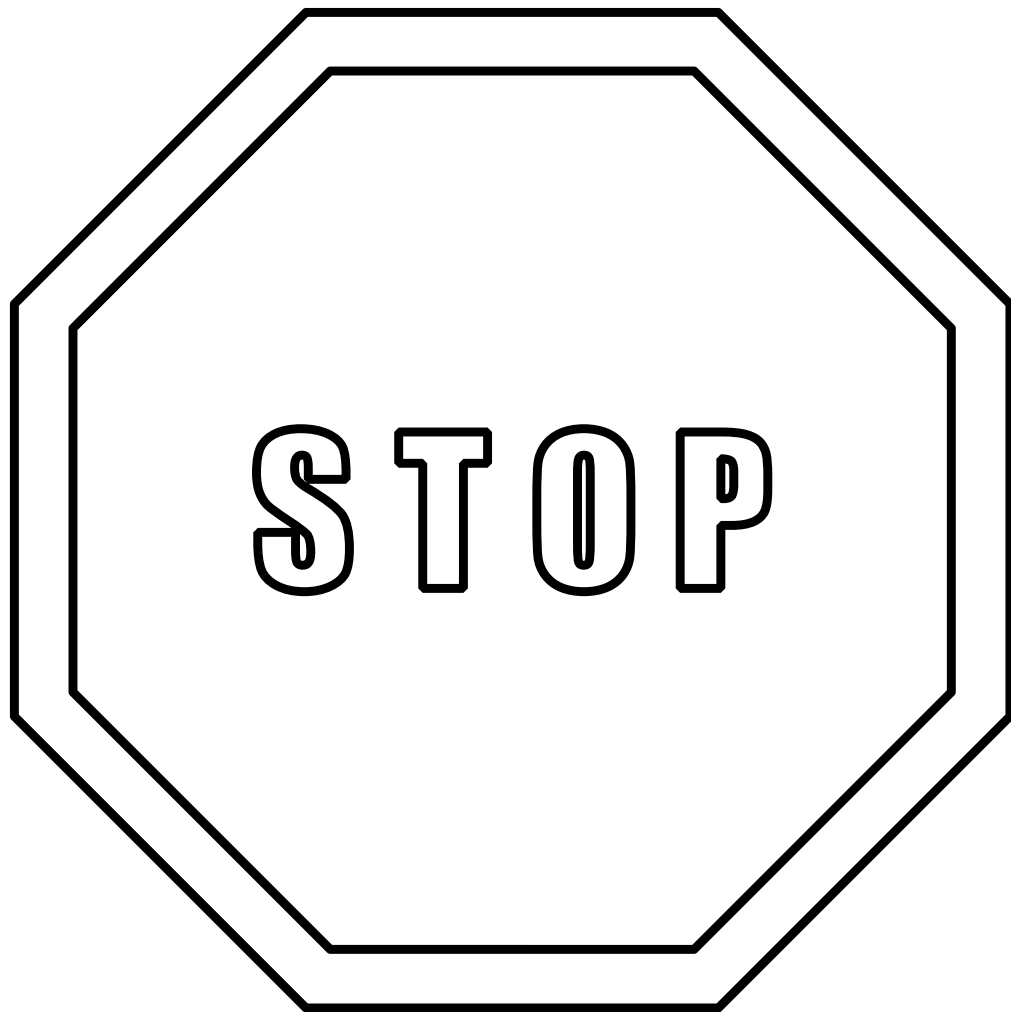


What can we do when we're angry?



We **Stop** then we can:

1. Pray to God and ask Him to take away our anger.
2. Ask Mommy and Daddy for help.
3. Take deep, slow breaths until we feel calmer.
4. Count numbers until we feel calmer.
5. Go to another room to "reset."
6. Hit or kick the Punching bag with supervision.





Happy



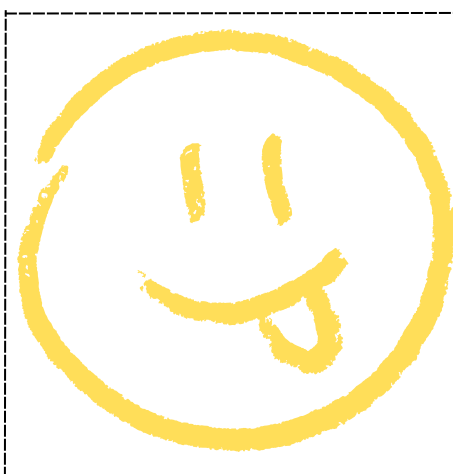
Angry



Worried



Frustrated



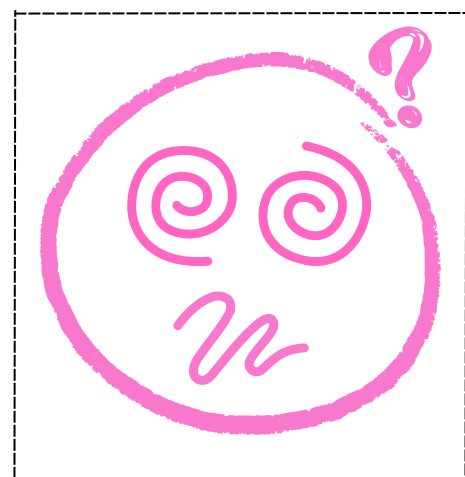
Silly



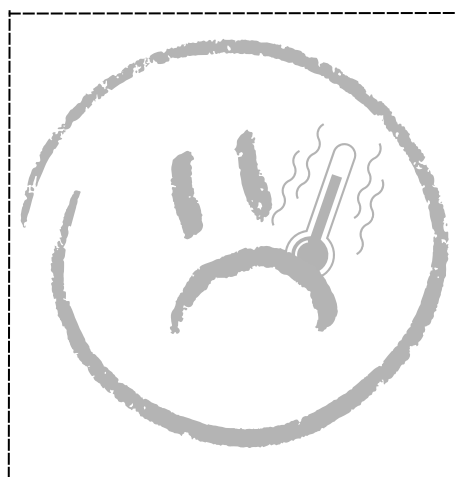
Scared



Sleepy



Confused



Sick



God gave us many different emotions to feel in our hearts. The BIGGEST emotion we are feeling can change at anytime. Emotions are not bad and we needn't be ashamed of our feelings. However, we are called NOT to be ruled by our emotions and act how God calls us to act in the Bible. So when you're feeling a BIG emotion, STOP before you act.