

Use all four of your sticks to build a cup, like this one. (ASSIST kids in assembling their sticks to create a rectangle shape)

You want more juice, but your grandmother says you can only have water. Should you get mad and throw your cup, or should you say, “OK”? (Say, “OK”)

That’s right! It’s OK to feel mad, but it’s not OK to do wrong things when you are mad. When you feel mad, you can stop (HOLD hand in “stop” motion) **and listen** (CLICK on listening ears) **to what God says in His Blueprint. He tells us that when we are mad He will help us use kind words and a kind voice!**

Use two of your sticks to build an X, like this one. (ASSIST kids in assembling their sticks to create an X shape)

If you see this sign on the construction site, it means to stop! When our mad feelings seem to be getting out of control, we can think about this sign. (POINT to X)

When you feel mad, you can stop (HOLD hand in “stop” motion) **and look** (CUP hands around eyes) **at what is making you mad. Then you can listen** (CLICK on listening ears) **to what God says in His Blueprint. When you’re mad, God will help you!**

Let’s practice asking God for help. Say this after me: (PAUSE to allow kids to repeat)

God, please help me. I love You! Amen.



Use three of your sticks to build a bridge, like this one. (ASSIST kids in assembling their sticks to create a bridge shape)

If you just built a great bridge out of blocks and someone came by and knocked it over, would that make you feel happy or mad? (ALLOW responses)

That might make me feel mad, too. When you are mad, should you throw the block at your friend or take a deep breath and build your bridge again? (Take a deep breath and build your bridge again)

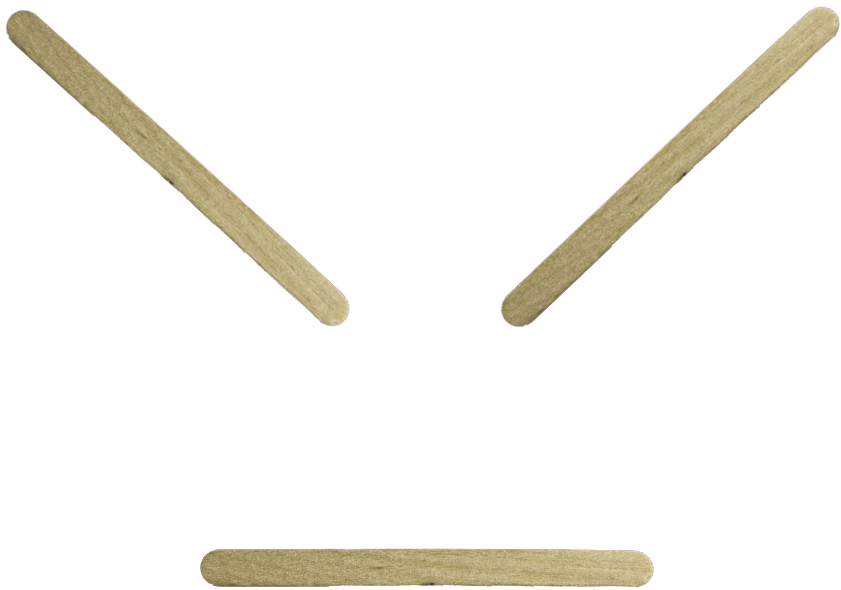
Yes! It's OK to feel mad, but it's not OK to do wrong things, like throwing blocks, when you are mad. When you feel mad, you can stop (HOLD hand in "stop" motion) and take some deep breaths. Let's practice doing that now! (Everyone will take a few deep breaths)

That's one way God will help you not to do the wrong thing when you're mad.

Use three of your sticks to build a bed, like this one. (ASSIST kids in assembling their sticks to create a bed shape)

You are playing with your toys and your dad asks you to make up your bed. You really don't want to stop playing. Should you stop and make your bed or yell, "No," to your dad? (Stop and make your bed)

That's right! It might make you feel mad to have to stop doing something fun, like playing with toys. But God tells us in His Blueprint that He will help us when we are mad. God will help you obey because that's the right thing to do.



Use three of your sticks to build a piece of pizza, like this one. (ASSIST kids in assembling their sticks to create a triangle shape)

You really want a piece of cheese pizza, but your brother ate the last piece. Should you hit your brother or get a different piece of pizza? (Get a different piece of pizza)

You got it! God will help you when you are mad. All you have to do is ask Him for help! Let's practice that now. Say this after me: (PAUSE to allow kids to repeat)

God, please help me to not be mad. I love You! Amen.

Great job, builder buddies!

Use three of your sticks to build a mad face, like this one. (ASSIST kids in assembling their sticks to create a mad face)

Now, let me see you make your maddest face. (Everyone makes mad faces)

When we start to feel super mad, God wants us to remember that He will help us! We can stop (HOLD hand in "stop" motion) ***and look*** (CUP hands around eyes) ***at what is making us feel so mad. Then we can listen*** (CLICK on listening ears) ***to what God says in His Blueprint. He tells us that when we're mad, we need to be careful to do what's right.***

Give me a thumbs up if you can let God help you do what's right when you're mad. (Everyone will show thumbs up)