

TWO-THREE CURRICULUM

JAN 19

Rain or Shine: Trusting God in Every Season

Today's Bible Story: Don't Look Back in Anger (Slow to Anger) • *James 1:19*

Today's Bottom Line: When you're angry, talk to God.

Monthly Memory Verse: *Be strong, all you who put your hope in the LORD. Never give up.* Psalm 31:24 (NIRV)

Monthly Virtue: Resilience—Getting back up when something gets you down

Basic Truth: I should treat others the way I want to be treated.

SOCIAL ACTIVITY

Opening Activity

What You Need: Foam ball, and a device for playing upbeat music

What You Do:

- Instruct your group to stand in a circle.
- Pick a kid to start.
- Hand the kid the foam ball.
- Start the upbeat music.
- When the music begins, instruct the kids to quickly pass the ball to the kid on their right.
- Randomly stop the music.
- Prompt the kid holding the ball when the music stops to step outside of the circle.
- Invite kids to tighten the circle up and start the music again.
- Continue playing the game until only one kid remains.
- Play another game if time and interest allow.

What You Say:

"Awesome job, everyone! You tried to get rid of the ball before the music stopped. You all passed the ball so swiftly, you would have thought it was hot!

[Transition] Today, we're going to talk about what we can do when our emotions get too hot to handle. Come with me!"

SMALL GROUP ACTIVITY:

1. Give Me Five

What You Need: "Give Me Five Tool" Activity Page, markers, and Bible

What You Do:

- Give each kid a hand from the "Give Me Five Tool" Activity Page.
- Set out the markers.
- Invite the kids to color the hand on the "Give Me Five Tool" Activity Page and write their name on the page while you ask the Review Questions below one at a time.
- Review Questions:
 - What does it mean to be quick to listen? What can this look like in our everyday life?
 - What does it mean to be slow to speak? What can this look like in our everyday life?
 - What does it mean to be slow to get angry? What can this look like in our everyday life?
 - Feeling anger is NOT wrong! What did Paul say in Ephesians 4:26 about anger? (*Read Ephesians 4:26 from the Bible.*)
 - What can we do when we feel anger rising up?
- One at a time, read the five Cs on the "Give Me Five Tool" Activity Page.
 - Challenge, conflict, change, comfort, and commit.
- Come up with an age-appropriate scenario kids can relate to.
 - For example: You find out you don't get to go to your friend's birthday party because it's the same day as your family barbecue.
- Talk through how to use the five Cs with the example you came up with.
- Begin with your hand in a fist.
- Invite kids to make a fist and follow along.
- Model how to put a finger up as you talk about each of the five Cs. (Your pointer finger, then two fingers, then three, then four, then finally, your thumb.)
- Invite kids to model your hand motion as you walk through the example.

What You Say:

"When we're angry, it can be difficult to share how we're feeling. Or sometimes, we can say things we don't really mean. The 'Give Me Five' hand helps us think about why we're angry and talk to God

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about it! It can help us calm down, so we can be slow to get angry.

“Discovering how to respond to our anger is not just about calming down—it’s about building resilience! Resilience is all about getting back up when something gets you down. You will get to take this home and give it a try the next time you feel anger rising up. This hand will remind us, **[Bottom Line] when you’re angry, talk to God.**”

2. Losing Sight

What You Need: “Lightning Bolts” Activity Page, “People and Things” Activity Page, blindfold, marker, poster board, and tape

What You Do:

- Tape the poster board on the wall or place it on the floor in an area of your group space.
 - If you place your poster board on the floor, secure it with tape.
- Draw an “X” in the middle of the poster board.
- Tape the five cards from the “People and Things” Activity Page around the “X.”
- Inform kids that these represent various things and people we might hurt when we are angry.
- Give every kid a lightning bolt from the “Lightning Bolt” Activity Page with a small piece of tape attached to it.
- Explain to the kids that the lightning bolt represents our anger.
- Explain to kids that one at a time, you will blindfold them and spin them around one time, so they can walk towards the poster “X” to tape their lightning bolt.
- After each kid’s turn, invite them to take their blindfold off and see where the lightning bolt landed.
- Continue until every kid gets a turn.
- Declare the kid who gets the closest to the middle of the “X” as the winner!

What You Say:

“Awesome job! When we’re quick to get angry, it can be like making yourself dizzy and losing sight of direction. When we’re quick to get angry, it can cause us to hurt people and things just like we saw

in our game. When our anger is misplaced, we can end up hurting those around us. But, when we’re slow to anger, it gives us time to think before we act out of anger. It gives us time so our anger hurts fewer people and things. God lives inside of you through the Holy Spirit, and the Holy Spirit loves to help you when He is asked! He can help you control your anger. So it can help to remember, **[Bottom Line] when you’re angry, talk to God.**

“God has also provided us with some great tools to help our bodies release anger—like taking deep breaths, talking to a trusted adult, or trying a tool you’ve learned.” **[Make It Personal] (Share about an age-appropriate time you were angry, but you paused to talk to God and it helped you aim your anger in the right direction.)**

3. Pray With Your Group