



THEME: **Calming Down**

ABOUT THIS CLASS: The theme for this Frolic Family Faith Class is **Calming Down**. You will read the Frolic storybook titled *Uri and the Busy Day*.

Prep Time

Calming Down in the Bible

Throughout his life, Jesus offered calm to the people around him. He calmed his parents when they were worried they had lost him. He calmed the host of the wedding banquet when the wine ran out. He calmed his disciples when a storm threatened their boat. He even calmed the angry seas. When our safety feels threatened, human nature is to feel fear. But Jesus is the calm, strong presence in our lives—loving us, protecting us, comforting us. Even in times of stress and uncertainty, we can place our trust in God's presence and feel calm as we accept the help that comes from the Lord.

A Parent's View of the Theme

Children regularly challenge their parents' sense of calm. Parents of young children are in the midst of sleep loss and concern for their child's safety. Infants constantly need their parents for food, comfort, social interaction, protection, diaper changes, and discipline. Toddlers challenge their parents, pushing boundaries as they exercise their independence. These factors can leave parents feeling frazzled, exhausted, and frustrated. Having good strategies for calming down is important for self-care. Turning to our faith in times of stress is a great way to center ourselves and find the peace of God amidst our very busy lives.

A Child's View of the Theme

Children get overwhelmed, frustrated, and upset easily. Maybe they can't reach something they want that's on a shelf. Maybe they've had a busy day and feel overstimulated. Maybe they missed their afternoon nap or didn't sleep soundly last night. All of these factors and more contribute to breakdowns, temper tantrums, and hyperactivity. Caring adults can help children learn good practices for calming down, like taking deep breaths, counting to three, and taking some time alone. They can also begin to learn that in these moments, God is always there to listen to their prayers.



Bible Verse

"My help comes from the LORD, the Maker of heaven and earth."

—Psalm 121:2

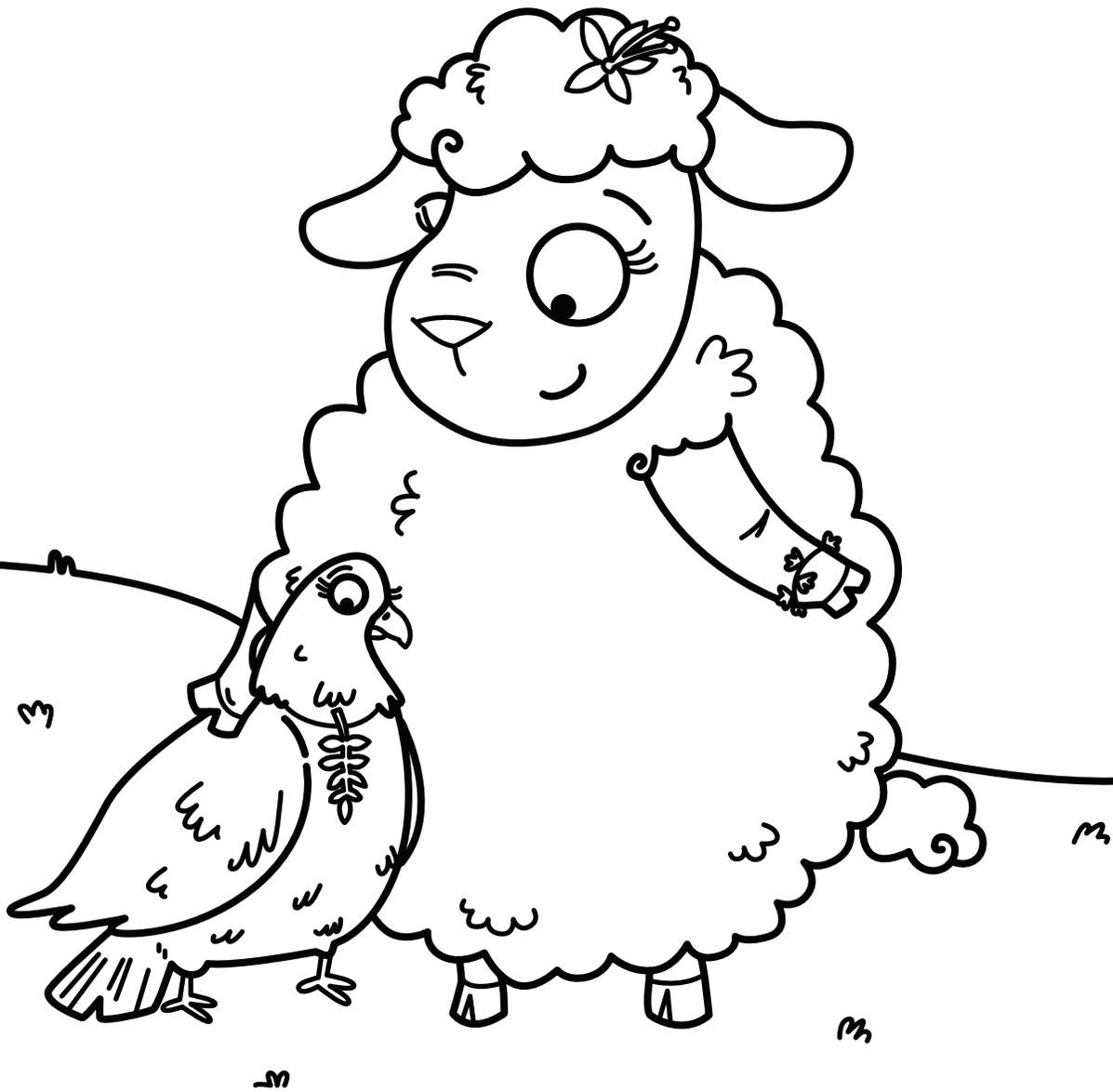


Today's Ritual

Place a big feather in front of you on the floor or table. Take a big breath in, then blow it out slowly, making the feather move. Whisper, "**Be still and know that I am God.**" Repeat twice.



There are so many fun things to do,
sometimes it's hard to know
when to stop and rest.



Let's Color Together

Caregivers, while you do this . . .

Encourage your child to color the images from the book. Delight in their colorful creations!

Your child is learning this!

- When I color, I develop my fine motor skills.
- Using crayons helps me learn the names of colors.
- **When I color pictures from this story, I remember that I can pray when I'm upset.**



Stretch and Breathe

Caregivers, while you do this . . .

Take a deep breath and stretch your hands up high over your head. Bend down and touch your toes. Stretch to the right. Stretch to the left. Take a deep breath with each stretch. Talk about how stretching and deep breathing can help you to feel calm. Finish by lying on the mat and saying, "Thank you, God, for bodies to stretch!"

Your child is learning this!

- When I stretch my body, I learn that exercise is important.
- When I take deep breaths, I practice a way to help my body relax.
- **When I thank God for my body, I remember that God created my body to do lots of things.**



Count to 10

Caregivers, while you do this . . .

Practice this counting rhyme with your child.

1, 2, God loves you.

3, 4, I can be sure.

5, 6, God can fix,

7, 8, when I don't feel great.

9, 10, Rest in God and start again!

Your child is learning this!

- When we count together, I am practicing my counting skills.
- When you teach me a rhyme, I am learning a tool to help me calm down when I'm upset.
- When we talk about God helping me, I learn that God's care for me is like your care for me.



Bonus Activity!

Making Faith Connections Hand in Hand

Trace the parent's hand and the child's hand next to each other on a large sheet of paper. Write the numbers 1-10 in the fingers of the hands. Practice taking a deep breath in while you count five fingers and blowing slowly out while you count five more fingers. Write "We can rest in God" above or below the hands.

