



THEME: **Anger**

ABOUT THIS CLASS: The theme for this Frolic Family Faith Class is **Anger**. You will read the Frolic storybook titled *Rufus and His Angry Tail*.

Prep Time

Anger in the Bible

People feel angry in many stories throughout both the Old and New Testaments. They are angry with each other, angry at their situations, and angry with God. Even Jesus gets angry! He turns over the moneychangers' tables in the temple, and becomes indignant when his disciples try to send away the little children. By seeing Jesus express this emotion, we learn that God is with us when we are angry. This session names anger as an emotion to be faithfully addressed instead of avoided, ignored, or punished. Our faith can help us view anger as a powerful emotion. While anger can hurt a relationship, we can also view it as a feeling that can change our behavior and turn us back toward more faithful choices.

A Parent's View of the Theme

Every parent feels angry at times. It comes with the job. It can also come more easily with sleep deprivation! Parenting is hard work, and it is easy to become angry with a partner when you feel tired and stressed, and are missing out on private time as a couple—or alone. Parents also witness anger from their children on a regular basis. The angry baby's cries, the toddler tantrums, and sibling spats are all a regular part of early childhood. Parents may have very different styles of addressing anger, depending on what was modeled for them during their own childhoods. The question for Christians then becomes, "How do we faithfully respond to anger?" Parents can practice this response within themselves and then model it for their children.

A Child's View of the Theme

Because anger is one of the first emotions expressed by young infants, it is classified as a primary emotion. (Other ones include fear, happiness, disgust, and sadness.) From the very beginning of life, humans use anger to express their unmet needs. Showing anger is a very effective and powerful way for getting someone else to pay attention to them. As young children develop language skills to communicate about what they want, they still express anger, often through full-body tantrums. Parents, teachers, and other adults can recognize and model faithful responses to this powerful emotion.



Bible Verse

"The LORD is gracious and merciful, slow to anger and abounding in steadfast love."

—Psalm 145:8



Today's Ritual

Have the child and parent face each other as the child holds hands out to make fists. Then teach this action rhyme.

Sometimes I feel angry.

(Shake fists in front of you.)

Sometimes I feel mad.

(Shake fists in front of you.)

But Jesus' love is in my

heart. *(Parent takes fist and extends thumb, pointer, and pinky fingers, creating the sign for "I love you," and then places that sign over child's heart.)*

So I can make a brand new start!





Make copies of the Coloring Page and place on a low table with crayons and blank paper.

For Leaders

Anger Coloring Page on page 22, crayons, and blank paper

Supplies

This center supports coloring skills. For toddlers.

Let's Color Together

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Let's Color Together

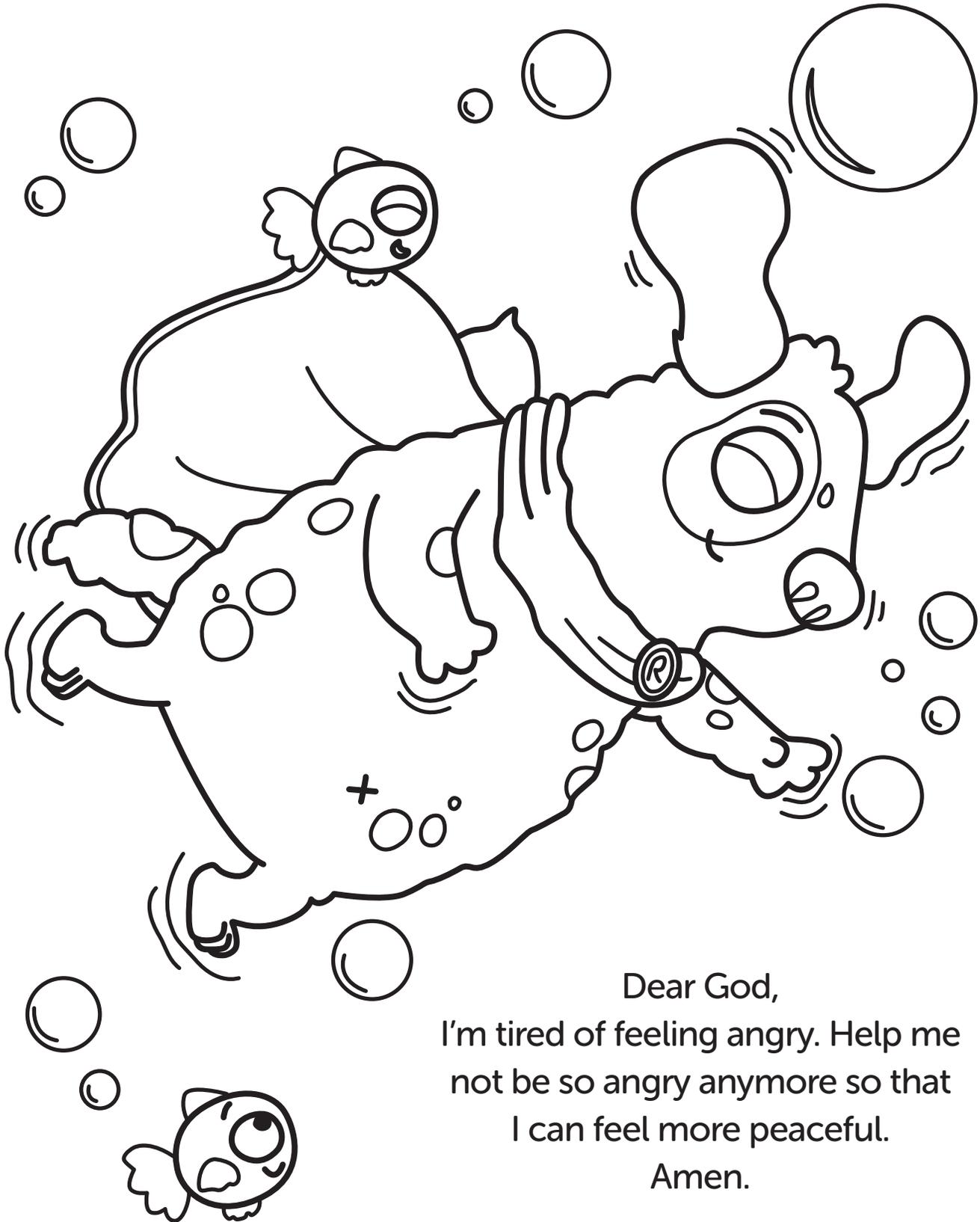
Caregivers, while you do this . . .

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 the story, I remember Rufus's prayer when he was angry.**





Dear God,
I'm tired of feeling angry. Help me
not be so angry anymore so that
I can feel more peaceful.
Amen.



Place checklists, drawing paper, and crayons on a rug where families can sit together.

For Leaders

Cool-down space, Other

Drawing paper, pens, and checklist with the words *Hugs, Listen to music, Deep breaths,*

Supplies

This center supports **emotional development and language skills**. For toddlers.

Cooling Down

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Cooling Down

Caregivers, while you do this . . .

Get cozy and talk with your child about what works best for them when they are angry and need to calm down. Mark things on the checklist that work best; add to the list with other methods, and draw pictures of what calm-down techniques look like. If you have a preverbal infant, chat with other parents about their soothing techniques.

Your child is learning this!

- When we talk about my emotions, you show you value my opinion.
- Talking about what makes me feel better helps me develop emotional self-regulation.
- **When you care for my emotional needs, I'm learning about how God cares for me.**





Place the music so that it can be easily operated by the caregivers.

For Leaders

A small area rug and some intense-sounding music

Supplies

This center supports **emotional expression and motor skills**. For infants and toddlers.

Angry Dancing

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Angry Dancing

Caregivers, while you do this . . .

Ask your child to listen to the music and make up an "angry dance." Encourage them to use their faces, arms, and legs to show through dance how anger feels. Help them get started, if needed, or join them in their dance.

Your child is learning this!

- Dancing strengthens my gross motor skills and lets me express emotions with my body.
- Pretending to be angry together while we dance will likely make us all laugh, and laughter can be a good way to diffuse anger.
- **When I learn God made our bodies to feel many emotions—**
18 **including anger—I learn not to be ashamed of my emotions.**





Cut small openings in the plates to make eye holes for the masks. Punch holes on the sides, and attach string so you can secure the masks.

For Leaders

Paper plates, crayons and other craft supplies, hole punches, and string

Supplies

This center supports **fine motor skills** and **emotional expressiveness**. For infants and toddlers.

Unmasking Emotions

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Unmasking Emotions

Caregivers, while you do this . . .

Help your child make a mask. On one side, create an angry face. On the other side, make a calm or peaceful face. Wear the masks together and name the parts of your faces.

Your child is learning this!

- When I make a project with art supplies, I build fine motor skills.
- Talking about the faces teaches me language for different body parts and for my emotions.
- **Talking about the parts of my face helps me learn that God has created me to be wonderful and unique, with many emotions.**





Create a comfortable place where children and caregivers can lie down on the floor together.

For Leaders

Comfy blankets spread out on the floor

Supplies

This center supports **emotional control**. For infants and toddlers.

Breathing Time

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Breathing Time

Caregivers, while you do this ...

Talk to your child about how deep breathing can make us feel calmer when we are angry. Teach them to take a deep breath through their nose, and then to blow it out through their mouth. Then lie down together on the blankets and take three deep breaths. Ask them to see how long they can lie still next to you. If you have an infant, snuggle up and take deep breaths while you listen to them breathe.

Your child is learning this!

- Deep breathing teaches me about how my body works, and how I can be in control of how it feels.
- **When I feel safe and comfortable with you, I can associate calm, trusting feelings with God's love for me.**





Place the paper and crayons on a flat surface, and place the trash can throwing distance from the table. Display the words to the ritual.

For Leaders

Half-sheets of paper, crayons, trash can, and the words to the ritual used in Gather Time

Supplies

This center supports fine motor skills and emotional control. For toddlers.

Brand New Start

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Brand New Start

Caregivers, while you do this . . .

Talk to your child about some things that make them feel angry, like not getting a toy or getting hurt. Help them to draw a picture to represent it. Then say this rhyme used in the opening ritual while you ball up the paper. After the rhyme, throw the crumpled angry picture into the trash can.

Your child is learning this!

- When I color and crumple paper, I develop fine motor skills.
- Learning words to a ritual helps grow my language and memory skills.
- **This rhyme reminds me of God's love and how I can ask God to help me feel better.**

