



ELEMENTARY | January



TALK

- Resilience is getting back up when something gets you down.
- Share a time when you had to be resilient and what helped you.
- Now ask your child if they can think of a time they have been resilient.
- Remind them that they are never alone when they are going through a tough time or having big feelings. God is always with them and will help them get back up!

DO TOGETHER

At the dinner table, have everyone take turns answering the following questions:

- What makes you worried?
- What makes you sad?
- What makes you angry?
- Last but not least, what brings you joy?



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Memory Verse

Be strong, all you who
put your hope in the
Lord. Never give up.

Psalm 31:24, NIV

EARLY CHILDHOOD | January

**RAIN
OR
SHINE**



BOTTOM LINE:
Jesus is always
a good friend.

MEMORY VERSE:
"A friend loves
you all the time."

PROVERBS 17:17, NCV



TALK

Talk about all the different kind of feelings. Sometimes feelings can be really big and sometimes they hide. Tell your child that it is important to always talk about their feelings and practice together by answering these questions:

- What makes you feel afraid?
- What makes you feel excited?
- What makes you feel sad?
- What makes you feel happy?

DO TOGETHER

Play a feelings game with your child. Take turns making a face to express a feeling and guess which feeling it is. After the game say: "Our face on the outside can show how we feel on the inside. We can feel happy, frustrated, sad, excited, brave, angry . . . we can feel lots of ways! The good news is that no matter how we feel, Jesus is always a good friend. And that makes me feel very happy!"



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Bible Words

"A friend loves you
all the time."

Proverbs 17:17 NCV