

HOW DO YOU FEEL TODAY?



PREPARATION

- + Service Sheet outline or slide presentation with songs, prayers...
- + Some printed symbols or pictures of facial expressions that can be used to help understand various feelings
- + Books: *How Do You Feel?* by Jodie Shepherd or *How Do You Feel?* by Anthony Browne
- + Facial expression cards - www.paperzip.co.uk/topics/misc/ourselves/character-expressions
- + Paper Plate Expression Hat:
 - ▶ paper plate
 - ▶ scissors
 - ▶ coloured pens/crayons
- + Happy/Sad Face Mask:
 - ▶ Happy Sad Face Mask sheet
 - ▶ scissors
 - ▶ coloured pens/crayons
 - ▶ craft stick
 - ▶ sticky tape
- + A variety of musical instruments

USB

- 🎧 *Happy Sad Face mask*



INTRODUCTION/BACKGROUND

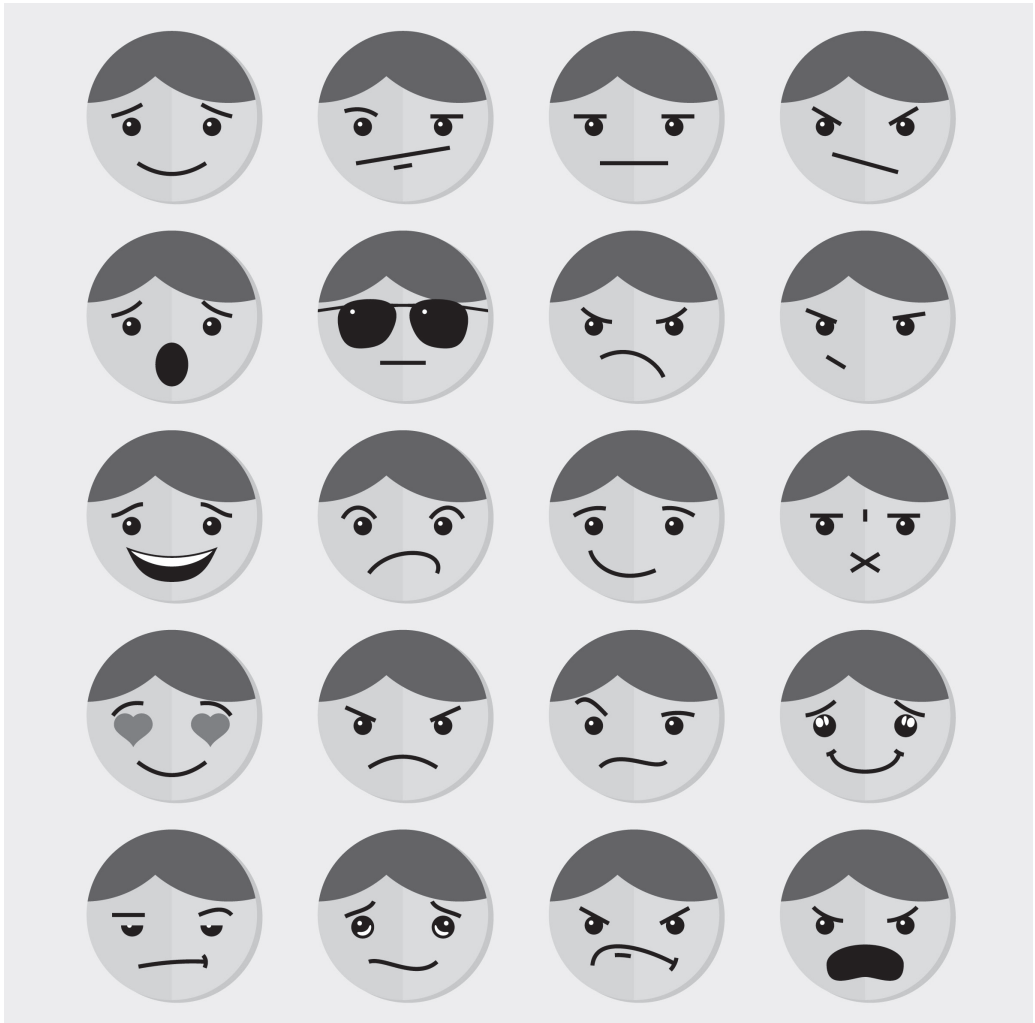
It is not always easy for young children to describe what they are feeling, so it is important we need to support them. Being aware of their feelings helps them develop a better understanding both of themselves and of others.

We can help them do this by talking about emotions and feelings during story time and activity time. By using pictures and facial expressions they can learn to understand the connection between these and how people are feeling. Describing how we feel is also another way we can help them learn, eg 'I am really happy because you have eaten all your dinner' or 'I feel cross because the parcel didn't arrive on time.'

Learning to understand and manage feelings is an important part of a child's development and that is why we need to encourage them to express their feelings rather than to repress them.

Please note that as small children often struggle to identify feelings or read facial expressions, it will be useful to have some printed symbols or pictures to help identify these.

You could do a series of weeks exploring some of the different emotions/feelings young children have: happy, sad, cross, scared, excited, tired...





WELCOME

Welcome Song – select from the Song Bank

BIBLE READING/THOUGHT

Play a simple game where you hold up pictures of various facial expressions and get the children to identify what they are and then to copy them. Talk about our different feelings and ask what things make us feel happy, sad, cross, scared...

Tell the children that it is very important to try and understand how we feel and that we can always tell our parents or another grown-up so they can help us.

God always understands how we feel, and we can talk to him in prayer when we are happy or sad, excited or scared, cross or tired, and he will always be there to help us.

‘This is the day the Lord has made. We will rejoice and be glad in it’

PSALM 118:24 *NLT*

‘Give all your worries and cares to God, for he cares about you’

1 PETER 5:7 *NLT*

THEME SONG

‘Feelings Song’

Tune: ‘The wheels on the bus’

I smile and jump when I feel happy, I feel happy, I feel happy,
I smile and jump when I feel happy, Smile with me!

I frown and cry when I feel sad, I feel sad, I feel sad,
I frown and cry when I feel sad, Cry with me!

I hide my face when I feel scared, I feel scared, I feel scared,
I hide my face when I feel scared, Hide with me!

I stamp and scowl when I feel cross, I feel cross, I feel cross,
I stamp and scowl when I feel cross, Stamp with me!

I go to sleep when I feel tired, I feel tired, I feel tired,
I go to sleep when I feel tired, Snore with me!

PRAYER

Dear God,

Sometimes I feel sad (*show sad faces*).

Sometimes I feel scared (*hide face behind hands*).

Sometimes I feel cross (*show cross faces*).

Sometimes I feel tired (*hands together against face and close eyes*).

But most of the time I feel happy! (*smile and clap hands*).

Thank you, God, that you understand how we feel and that we can always talk to you about it.

Amen

ACTIVITY/GAMES

1. Paper Plate Expression Hat

- ▶ Cut a circle inside the paper plate, following the rim. Leave a few centimetres uncut so the inner circle is still part of the plate.
- ▶ Colour the inner circle and then add a facial expression – yellow/happy, red/angry, blue/sad.
- ▶ Push the inner circle out so that it stands with the facial expression on the outside.

2. Happy/Sad Face Mask

- ▶ Print out the sheet, cut it out and stick on to card – or print the sheet on card.
- ▶ Colour in the face and add a craft stick with sticky tape for a handle.
- ▶ Show how the face can be happy or sad by turning it round.

3. For more ideas see www.pinterest.com/AFMYorkshire/toddler-crafts-i-feel

INSTRUMENT SONGS

Select from the Song Bank

ADDITIONAL SONGS

🎵 'If you're happy and you know it, clap your hands'

🎵 SASB 362 'Give me joy in my heart...'

CLOSING

Closing Song or Prayer – select from resources

