

Day 1:

- Introduce Methodist Family Health. Say: *Methodist Family Health is an organization in Arkansas that helps kids ages 3-17. We help kids who are dealing with anxiety, depression, grief, or mental illness. We have counseling centers, group homes, a hospital, and a treatment center where kids come stay for several months, to learn how to deal with problems they are having. The kids that come to us for help are just like you. In fact, we have kids come to us from all around Arkansas, so someone from your school or town has probably received our services at some time.*
- Play video.
- Allow kids to ask questions about MFH.
- Ask the kids to write a prayer to begin the paper chain. Say: *This week, we are going to create a paper chain of prayers for everyone at Methodist Family Health. Today, we are going to pray for the kids, ages 3-17 who are receiving our help. Please write a prayer on the slip of paper we give you, asking God to help all of the kids who are experiencing some problems.*
- **Supplies needed: Video, Slips of paper for prayer chain, things to write with**
- Preschool option: Coloring Sheet

Day 2:

- Ask kids to identify different emotions that people experience. As kids raise their hands to give an emotion, ask the rest of the kids to demonstrate that emotion (from their seats). For example, sadness, happiness, etc.....
- Say: *We all experience lots of different emotions every day. That's how God made us. There aren't necessarily good or bad emotions, but they are a part of being human, and there are different times that we have different emotions.*
- Ask kids to give different times that you might experience different emotions. For example, when you ask, *"When do people experience happiness?"* the answer may be when a kid gets a new puppy, or wins a soccer game. Allow several students to answer.
- Say: *Sometimes, people have problems with their emotions. We all feel sad sometimes, but some people have a problem where sadness is their main emotion. Or, they may feel worried all the time. Even kids can have these problems, where their emotions kind of get off-track. One of the things that we do at Methodist Family Health is help kids (and adults) make sure that their emotions are working properly. We can do this in a lot of different ways, but one way to help people be in control of their emotions is to make sure that they know the right ways to respond to things that might happen. Sometimes when bad or scary things happen, kids (and even grown-ups) have trouble knowing what to do or say, or how to respond. We are going to play a game right now where we act-out some different things that happen. We going to work on our problem-solving skills, and make sure that we know how to solve problems that we might face.*
- Activity Directions:
 - o Ask for volunteers to come to the front for each scenario. They will read the script for that emotion. After they freeze, two kids from each small group will take over, and will play out a positive way to resolve the problem (in front of their small group only, so each small group will be experiencing their own skit.) Adults in each small group will debrief, making sure to address any issues that may come up, or possibly giving better

ways to respond if the kids were unsure. After about 3 minutes, move on to the next large group scenario, asking for more volunteers.

○ Scenarios:

▪ **Bullying**

- Intro (adult reads) : Natalie is walking down the hall at school. As she passes a group of girls, they look at her, then start whispering and laughing. Natalie see that Tori, one of her best friends, is in the group.
- Natalie: Hi Tori! Do you want to eat lunch together today?
- Maria: (to Natalie): You can't eat lunch with us. We don't hang out with people like you.
- Natalie: Tori? Do you want to come with me?
- Maria: Come on, Tori. Let's go sit over there—where losers aren't invited.
- FREEZE!

▪ **Sibling Issues**

- Intro (adult reads): Ben and Kristen are brother and sister. Kristen has been being really bossy toward Ben lately.
- Kristen: Hey Ben. You need to stop coloring and come outside and play with me.
- Ben: No thanks. I'd rather stay in here and color.
- Kristen: NO! I want you to come with me and push me on the swings.
- Ben: No. I don't want to.
- Kristen: If you don't come right now, I'm going to rip up your paper and break your crayons.
- FREEZE!

▪ **Fear**

- Intro (adult reads): Josh and Matt are best friends. Lately, Josh has been really quiet and not himself.
 - Matt: Hey Josh! I haven't seen you in forever! How have you been feeling?
 - Josh: Hey Matt—I've been ok, I've just been pretty upset about my parents.
 - Matt: What's going on?
 - Josh: My mom and dad have been fighting a lot. I can hear them fussing and talking loudly almost every night after they think I'm asleep. I just don't know what's going to happen if they don't stop all the arguing.
 - FREEZE!

- **Anger**

- Intro (adult reads): Katie and Evan go to church together. One morning during Sunday School, Katie sees Evan standing in the corner, looking very upset.
 - Katie: Hey Evan—what’s wrong?
 - Evan: I’m just so mad! My mom promised we could get donuts this morning, but my little brother took forever to find his shoes, so we didn’t have time. And on top of that, my cousin is coming over this afternoon, and every time he comes to my house, he ends up breaking one of my toys. I just don’t want to see or talk to anyone right now. I wish I could just run away.
 - FREEZE!
- Upon completion of activity, say: *You guys did a great job of demonstrating emotions today. Emotions can be very powerful. Remember that we are making a prayer chain this week, praying for everyone at Methodist Family Health? Today, we are going to pray for all the people who work at Methodist Family Health, who teach kids how to deal with their emotions. Please write a prayer on your slip of paper for the people who help the kids learn how to deal with their emotions.*
- **Supplies needed: Slips of paper for prayer chain, things to write with**
- Preschool option: Allow them to act out and identify the different emotions, and answer what makes them feel happy, sad, etc.... Complete a coloring sheet with faces representing different emotions.

Day 3:

- Say: *Yesterday, we talked about emotions. Do you guys ever feel happy or sad because of what someone says about you? Can you think of a time when someone paid you a compliment, or said that you were good at something? That probably made you feel really great, right? But, sometimes people say mean things that hurt our feeling or make us angry. One of the things that Methodist Family Health does is help kids figure out how to deal with how the words of other people make them feel. We are going to read a story right now about Punchinello, and how he dealt with the words that others said about him.*
- Read: *You are Special*, by Max Lucado.
- Say: *What did Punchinello learn in that story? Whose words really mattered? How did Eli feel about Punchinello? What made his stickers start to fall off? Does Eli remind you of anyone?* (allow kids to answer)
- Say: *When I think about this story, it reminds me of the way that God feels about us. He created us, and He loves us all very much. Even when people say mean things about us, we need to remember that what really matters is what God thinks. And He thinks we are pretty great. We should always remember how God feels about us, and how much He loves us.*
- Give each student a sheet of “You are Special” stickers. Allow them to take them home, and pass them out to family members and friends.

- Say: *We have been working on our prayer chain this week, where we are writing prayers for the people at Methodist Family Health. Today, we are going to pray for all of the families of the kids at Methodist Family Health, that they would help each kid to feel loved and understand that they are special.*
- **Supplies needed: You are Special (book or PowerPoint slides), a sheet of stickers (address labels or printable round stickers) for each student that say "You are Special," slips of paper, something to write with.**
- Preschool option: Read the story, give students the stickers to pass out.

Day 4:

- Say: *When you think of the word "family," who do you think of? (Let several students answer.) You probably know that there are some kids who don't have families like this. Sometimes, for lots of different reasons, there are kids who aren't able to live with their mom or dad. And, sometimes, when this happens, these kids need people to help take care of them and give them a place to live. That is one of the things that Methodist Family Health does. We have several homes around Arkansas where kids who aren't able to live with their families live. These are called group homes. In these group homes, there are people who serve as parents to the kids who live in these homes. These group homes can have anywhere from 4 to 10 girls or guys living in them. What are some of the things that you think that the parents in the group homes help the kids with? (Let several students answer.) That's right! Just like your parents help you, the parents in our group homes help our kids.*
- Activity Directions:
 - o We are going to spend some time today showing what families can look like. You may have two parents, or you may have one parent. You may have a step-mom or a step-dad, or you may even have a grandparent that lives with you!
 - o Pick up a magazine in front of you, and start finding pictures of people to represent your family. For example, you may find a picture of a little boy to represent your brother, or a baby to represent your baby sister. Bonus points if you can find animals to represent your pets!
 - o As you find different people to represent your family members, cut them out of the magazine, and glue them to the paper we have given you. You can even draw a house on the paper to put them all in. (Allow several minutes for the kids to complete this activity, and let them share in their small groups as time allows.)
- Say: *Great job making your families! Today, as we move back to our prayer chains, we are going to write a prayer for all of the kids in the state of Arkansas who don't live with their families. Did you know that there are about 5,000 kids in Arkansas looking for families? They are not all at Methodist Family Health, but some of them are. Today, let's write a prayer for the kids who are looking for a forever family and home.*
- **Supplies Needed: Magazines, Construction Paper, Scissors, Glue Sticks, Slips of Paper, something to write with.**
- Preschool option: Let them draw their families on a sheet of paper.