

# EKIDS PARENT PRINT-OUT

## ELEMENTARY

### BLUEPRINTS

AUGUST 3 - SEPTEMBER 28

#### AUGUST 3

I need to deal with how I feel

#### AUGUST 10

When I feel lonely, Jesus is with me

#### AUGUST 17

When I feel I need to be perfect,  
Jesus only wants my best

#### AUGUST 24

When I feel worried, I can trust God

#### AUGUST 31

When I feel guilty, Jesus forgives me

#### SEPTEMBER 7

When I feel down, God comforts me

#### SEPTEMBER 14

When I feel angry, God  
gives me self-control

#### SEPTEMBER 21

God is greater than my feelings

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#### SEPTEMBER 28

REVIEW

### THE BIG IDEA

We can put on the armor of God!

God is greater than our feelings! That means that when we feel sad, worried, lonely, guilty, or angry our God has promised to never leave us or forsake us. God cares about our feelings and says they are important. In this series we are learning how to feel and express our feelings.

### CORE VALUES

#### LOVE GOD

Because God is love &  
He first loved us.

#### LOVE PEOPLE

Because God loves  
all people.

#### DO YOUR BEST

& God does the rest.

#### HAVE FUN

Because God gives you joy!

### DO THIS :



#### MORNING TIME

Write the verses for this month in a place where the whole family can see it (fridge, family chalkboard, etc.). When you see your child in the morning, point the verse out to them, read the verse with them and remind them that God is greater than our feelings.



#### DRIVE TIME

While driving, ask your child about a time when they felt sad about something. After discussing their answer, ask them about a time when they felt happy about something. Remind them that we all have feelings, and God cares about how we feel.



#### MEAL TIME

Talk as a family about the importance of feeling and expressing our emotions. Ask your child what they can do when they are feeling big feelings and might not know what to do.



#### BED TIME

Each night before bed, take this time to pray together to thank Jesus for always being with us when we feel overwhelmed. Pray, "Dear God, thank You for caring about my feelings! Thank you for being bigger than my feelings! In Jesus' name, Amen!"

### REMEMBER THIS

"But even if we don't feel at ease,  
God is greater than our feelings,  
and He knows everything."

I John 3:20 CEV