

Praying My Emotions

God likes to hear you tell Him how you are feeling, even when it isn't happy.

Directions:

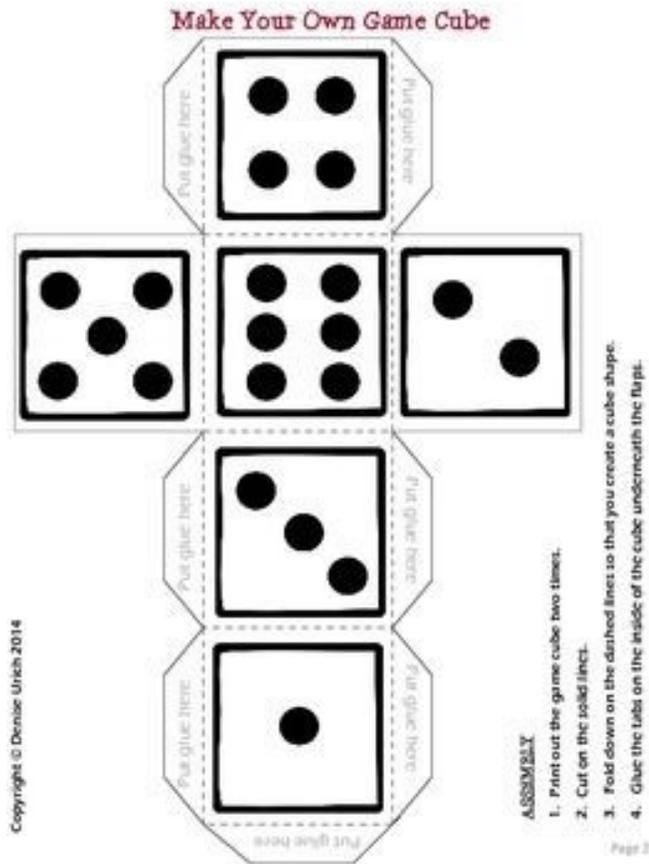
Find something to use as a marker.

Cut out and fold the dice as directed.

Roll the dice and move your marker the number of spaces you rolled. If you land on a face, complete the sentence for that face (see key below)

If you land on a sunshine tell about something you are thankful for.

Parents: this is a great way to help your child learn how to talk about emotions, cares and concerns, and to understand that God accepts all of our emotions. You can also help your child find scripture promises to pray for each emotion. Encourage them to rewrite the scripture into their own special message to God.



I feel happy when....
Thank you God!



Happy



Sad

I feel sad when....
Please help me God!

I feel mad when....
Please help me God!



Mad



Anxious

I feel anxious or
worried when....
Please help me God!



Gratitude

