



*As a family, watch today's Elementary Message from our website or You Tube.
Keep the conversation going while doing the activities listed below.*

Need to Know: When I Feel Down, God Comforts Me

DO: Create an obstacle course for your child. Tape pieces of paper around your house with instructions on what to do at each stopping point or place objects around to represent stopping points for the course. **Course Suggestion:** 1) Discuss the first ASK question. 2) Play 3 rounds of Rock, Paper, Scissors. 3) Stop and name your emotion. 4) Do 10 Jumping Jacks. 5) Discuss the second ASK question. 6) Have a thumb war. 7) Look around to see what's making you feel the named emotion. 8) Draw a picture of anything with your eyes closed and see if your child can guess what it is. 9) Have a bible at this station and read a verse from the bible to your child (ex. Jeremiah 29:11, Psalm 61:2, Psalm 46:1, etc.) 10) Skip to the next station. 11) Discuss the last ASK question.

SAY: We all have different things that make us feel better when we're feeling down. And we can all feel down from time to time. But when we're dealing with feelings of sadness, we can remember that God comforts us!

We are going to practice what we learned today and talk more about the lesson in a fun way. I've created an obstacle course around the house for you to do. **FIRST**, I will walk you through the course. **THEN**, we will do the course together. **LAST**, we will pray together as a family.

ASK: When the men threw Jonah off of the boat, what happened to him? (*He was swallowed by a fish*) Why was Jonah swallowed by a fish? (*Being swallowed up by a fish seems like a pretty scary thing, or almost like a punishment, but God sent that fish to swallow Jonah so that he wouldn't drown in the ocean. That was God's way of comforting Jonah when he was down.*)

ASK: What is something that makes you or your friends feel down?

ASK: The next time you feel down, what are some ways you can feel God's comfort? (Praying, reading the Bible and worshipping God through songs.)

SAY: Jonah made mistakes that left him feeling down, and he let other peoples' actions make him feel down, too. But every single time, God was there to comfort him. No matter what has us feeling down, just like Jonah, when we need to be comforted, God is always right there to help us!

PRAY: What are some things you can all thank God for today? Does your child have anything they want to talk to God about? As a family, pray that God would help each of you work through how you are feeling and that when you're feeling down, you will feel God's comfort.

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