

Rain or Shine: Trusting God in every season

Resilience is getting back up when something gets you down.



MEMORY VERSE

Be strong, all you who put
your hope in the LORD.
Never give up.
Psalm 31:24, NIV

Talk About the Bible Story

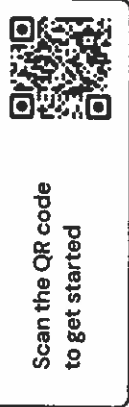
Open the Bible together and read James 1:19 or watch the video together on the Parent Cue app.

Engagement Questions

- What do you do when you feel angry?
- What is something you can try differently this week?
- How can knowing when you're angry, talk to God be helpful for you?

Faith and Character Activity

Scan the QR code below for activities to guide kids at every phase to trust Jesus in a way that changes how they see God, themselves, and the rest of the world.



Prayer

"Dear God, thank You for my friends! Please remind me that You are always with me. When I'm angry, help me make wise choices and be slow to get angry. I love You, and pray these things in Jesus' name. Amen."

Weekly Parent Cues



Elementary

ENGAGE IN EVERYDAY MOMENTS TOGETHER



Morning Time

As your kid starts their day, tell them about something they said to you or someone else that was meaningful.



Meal Time

At a meal this week, have everyone at the table answer this question: "What is something that has made you angry lately? Who do you talk to about it? Is it easy or hard for you to talk to God about it?"



Drive Time

While on the go, ask your kid: "Who is someone who makes you feel better when you're angry?"



Bed Time

Pray for each other: "God, help us to talk to You first when we're angry. You want us to talk to You about anything—even about the things that make us mad."

More Ways to Engage with Your Kid

Faith & Character Activities



Worship Song of the Month



Download the Parent Cue app

AVAILABLE FOR APPLE AND ANDROID DEVICES



Resilience is getting back up when something gets you down.

Read: James 1:19-20



DAY
1

Quick to Listen

Play a game of “Red Light, Green Light!” The person who is “It” should call out actions as quickly as they can. The others need to try and keep up!

ASK God to help you be quick to listen.



DAY
3

Slow to Speak

When you get angry, it's easy to say something you don't mean. Practice James 1:19-20, by saying the verse in slow-motion.

KNOW that when you think before you speak, it will help you remember to do the right thing.

DAY
2

Calm Down

Draw a picture of yourself doing something that helps you to calm down. Maybe it's going for a walk, laying in your bed, or praying! What helps you calm down when you get angry?

LOOK for ways that you can calm down when you need to.

DAY
4

Let's Talk About It

God can help you when you are angry! Talk to God about helping you when you get angry.

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 “Dear God, sometimes it's so easy to get angry. Please forgive me for the times I have lost my cool. Please always help me to remember that I can talk to You when I feel angry. Help me to be quick to listen, slow to speak, and slow to get angry. Thank You, God. Amen.”  
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THANK God for being there to help keep you calm when you want to get angry.



When you're angry,
talk to God.



Your sibling is being really annoying and you've had enough! You can:

- a) Yell, "Stop it!" and push them.
- b) Take a deep breath and say, "Please stop. I don't like that." If that doesn't work, you can talk about it with a parent.

Someone blames you for something you didn't do. Your face feels hot and your heart beats faster. You can:

- a) Yell, "I didn't do it!"
- b) Take a deep breath and tell them you're upset because you didn't do it.

Someone on the playground says something mean to you. You can:

- a) Push them.
- b) Take a deep breath and say, "Please stop. I don't like that." If that doesn't work, you can talk about it with a parent.

You try something new, but it's hard and you can't do it yet. Your muscles get tight. You can:

- a) Cry and stomp away.
- b) Take a break and do some jumping jacks. Then, talk to a trusted adult and ask for help.

Your friend is playing at your house. They borrow a toy and don't want to give it back. Your chest feels tight and you squeeze your lips together. You can:

- a) Yell, "Give it back!"
- b) Tell your friend that you're upset and would like to have it back. If that doesn't work, you can talk about it with an adult.

You're making a craft at school, and a classmate won't share the glue. You can:

- a) Grab the glue from them.
- b) Say, "Please share. I would like to use the glue too!"

You're playing your favorite game, and a grown-up says it's time to stop. You can:

- a) Yell, "You never let me do anything!" and slam the game down.
- b) Take a deep breath, and turn it off.

You're playing soccer and someone trips you on purpose. You can:

- a) Grab a chunk of grass and throw it at them.
- b) Say, "Hey, I didn't like that." If that doesn't work, you can tell a coach.

BELLY BREATHING

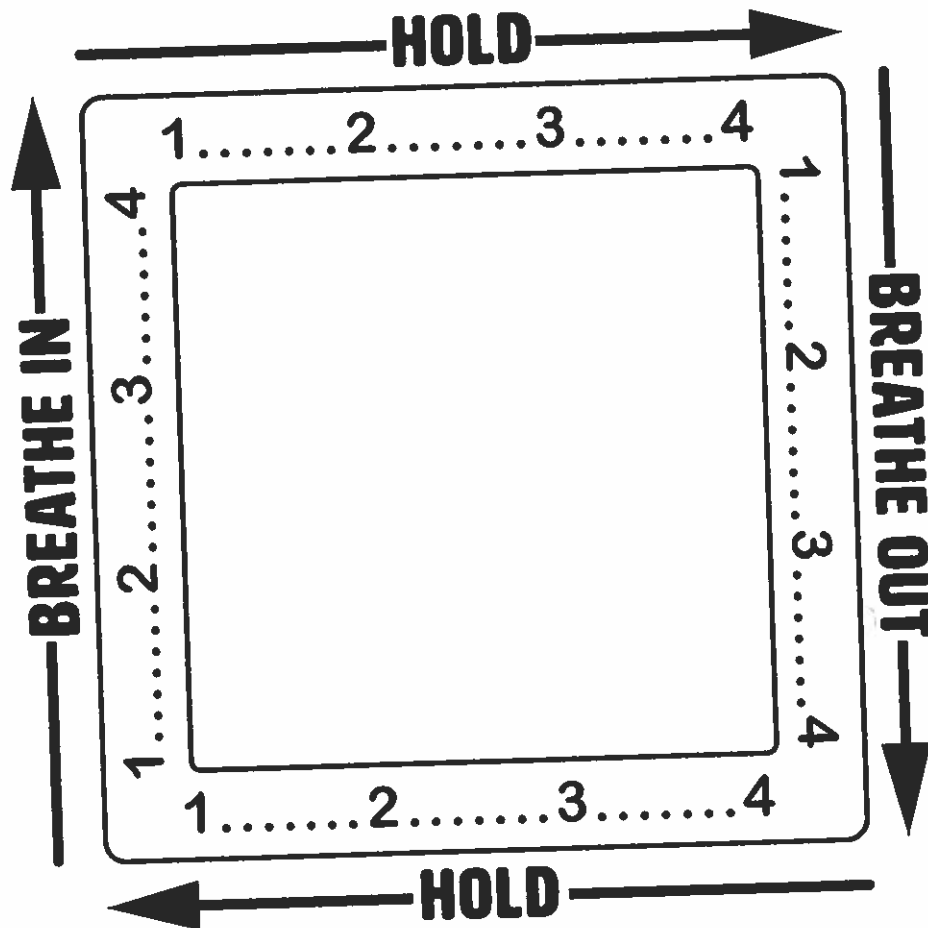


Hold a stuffed animal
on your stomach.
Watch the animal move
as you breathe in and out.

What to Do:
Print on cardstock, one set for each Small Group.

"S.L.O.W. Down" Activity Page
January 2025, Week 3 Small Group K-1
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SQUARE BREATHING



With your finger in the air, trace the top line of a square as you breathe in and count to four. Hold the breath to the count of four as you trace the down side line of a square. Breathe out to the count of four as you trace the bottom line of a square. Hold your breath to the count of four as you trace the up side of a square. Repeat.

What to Do:
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DRAW



Draw a picture to show how you feel.
The drawing doesn't need to look like
anything—you can even scribble!

What to Do:
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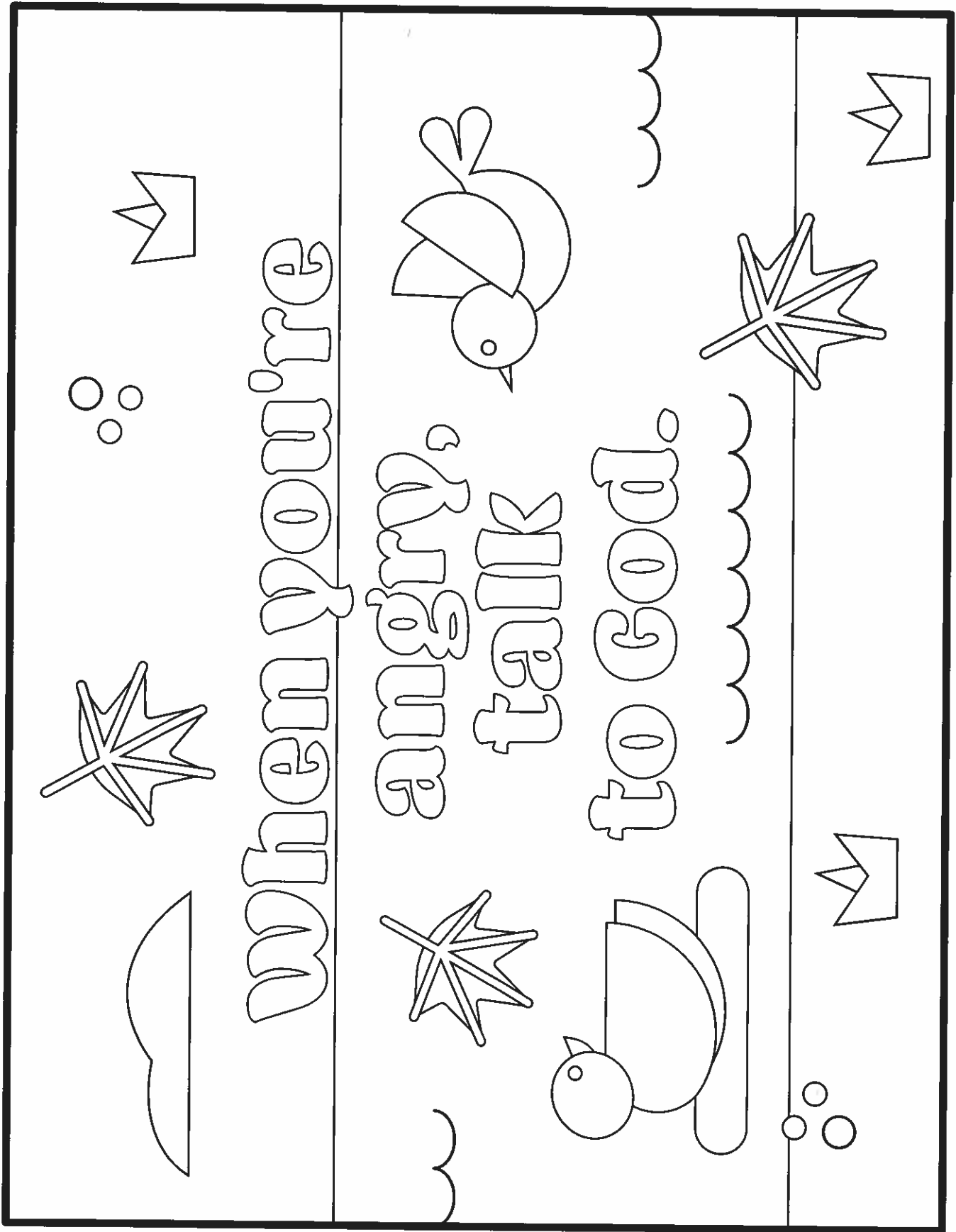
JUMP, RUN, SHOOT



**Get moving!
Do jumping jacks,
run in place or outside,
or pretend to shoot baskets.**

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What to Do:
Print on paper, one for each kid.