

Our Emojis

You'll need paper, scissors and tape along with crayons, markers or colored pencils

What are emotions, what does the word emotion mean? (They are feelings, if they need help or are younger) Then ask them to name some emotions. I.e., Happy, Sad, Silly, Scared, Embarrassed, Excited, Frustrated, Angry, Peaceful, Confused, Thankful, etc.

Ask, do you think some emotions are good and some are bad? (Chances are they will say yes, ask which ones they think are which).

Then be sure to say that our feelings themselves are not bad or wrong, however sometimes if we act on our emotions we can make a bad choice. No matter our choices, God still loves us. God gave us the capacity to feel emotions. Emotions and feelings help us make sense of the world and what is going on around us.

Can you think for a minute about some emotions you have felt this week? Could you name some of those feelings? If you have a place to write the answers down, then do.

Then hand everyone a piece of paper and ask them to create/draw/design an emoji based on one the feelings they have felt the most this week. This emoji doesn't have to look like a known emoji. Each person can design their own. Have them create it and then cut it out.

After everyone is done, have them go around and share their emoji. It might be good to put them up where everyone can see them as a reminder of the range of emotions we are all feeling.

After everyone has shared, have someone read this prayer:

Loving God, we thank you for feelings. Sometimes we are overwhelmed, scared, or sad. Sometimes we are happy, excited, or amazed. Sometimes we are angry, irritated, or defiant. Sometimes we feel peaceful, relaxed, or calm. Some days we might feel a range of these emotions and other days we might feel only one or two. Some days our feelings are more than we can handle alone. Help us remember that you are with us whether we are excited, scared, angry or peaceful. That no matter how we feel, you feel those emotions with us. We are thankful for feelings of love and warmth and caring from family and friends who remind us of your presence in our lives. We ask you to make yourself known to anyone who feels lonely, angry, or scared. We ask all of these things through your Son Jesus, who by becoming human among us, understands our feelings. Amen.

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