



Theme: Emotions

Book: Mister Magnolia by Quentin Blake

Reflection on last week's faith in action, with the families.

What was last week's action?

How did that make you feel?

Why did that make a difference?

Inspiration ...

Biblical References:

1 Peter 5:7

"Cast all your anxiety on him because he cares for you."

The Psalms may also be helpful in exploring this theme.

• SNACK TIME

Jamie Dodgers - heart

• SONGS

Use musical instruments

If you're happy and you know it.

See song sheet for Emotions song.

Additional resources:

A re-telling of the story on Youtube

<https://youtu.be/Dn-8n6ld480>

Emoji matching cards.

Emotions wheel craft template.

Theme Introduction:

Children are learning about emotions all the time; they feel them for themselves, and they see emotions in family and friends. At around 3-4 children will be able to express basic feelings like sad, happy, excited, or angry. They will also experience and understand these feelings in other people.

Under this age they will not have the cognitive skills to understand emotions, so helping children to learn about emotions through play can be helpful.

Theme exploration:

Mister Magnolia is a very happy character isn't he? I wonder if he is always happy. Are you feeling happy today? Do you always feel happy? Do you know God loves you whether you are happy or sad?

Free play suggestion:

Link to theme:

- Print, cut out emotions matching sheet – you could laminate for extra durability.
- Put some playdough out and ask the children to create happy and sad faces.



I wonder which emotions match how you feel right now.

Craft ideas:

Link to theme:

- Emotions wheel – see extra resources



I wonder what emotion you going to put in the free space on your emotions wheel.

I wonder if you were feeling sad or upset, how would you make yourself feel happy again.



Prayer time

Lord Jesus, thank you that you created us to be able to feel happy and sad. Help us to remember you love us whether we are happy or sad. Amen.

Faith in action:

Use your emotions chart to show your grown up how you are feeling this week. Can you ask other people to show you how they are feeling?