



WEEK  
**THREE**  
JANUARY 2025

SMALL GROUP  
**K-1**

## TODAY'S SUGGESTED SCHEDULE

### TODAY'S BIBLE STORY

**Don't Look Back in Anger**  
Slow to Anger  
James 1:19

### TODAY'S BOTTOM LINE

When you're angry, talk to God.

### MONTHLY MEMORY VERSE

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

### MONTHLY VIRTUE

Resilience—Getting back up when something gets you down

### BASIC TRUTH

I should treat others the way I want to be treated.

### PRELUDE: Setting the Tone for the Experience

See the **Getting Ready** pages at the end of this document for a detailed description of what you'll need for today.

In the **Prelude** folder of your curriculum, you'll find a variety of other resources to help you prepare.

Check out our Pinterest page here <https://bit.ly/447HSzi> for a visual on some of the activities.

Check out our Small Group Leader Conversation Guides to guide you through salvation conversations: <https://bit.ly/4daxSUG>

### SMALL GROUP

15  
MIN

#### SOCIAL: Providing Time for Fun Interaction

Early Arriver  
Opening Activity

### LARGE GROUP

35  
MIN

#### STORY: Communicating God's Truth in Engaging Ways

#### WORSHIP: Inviting People to Respond to God

Opener  
Worship  
Bible Story  
Bottom Line  
What's Our Part in the Story?  
Prayer

### SMALL GROUP

25  
MIN

#### GROUPS: Creating a Safe Place to Connect

Bible Story Review: Green Light, Yellow Light  
Application Activity: S.L.O.W. Down  
Memory Verse Activity: Never Give Up  
Prayer Activity: Pray and Dismiss

### HOME: Prompting Action Beyond the Experience

Parent Cue Card (Print or Email)  
Devotionals for Kids  
Parent Cue App



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**PRELUDE      SOCIAL      STORY      WORSHIP      GROUPS      HOME**

PROVIDING TIME FOR FUN INTERACTION  
15 MINUTES

### MADE TO EXPLORE

an activity that extends learning through hands on experimentation and discovery



*Before kids arrive, take a few moments to pray for them. Pray for those who might visit your group for the first time. Think back to a time God helped you manage your anger. (Maybe it was through prayer, talking it out with a friend, or a breathing exercise.) Ask God to help you communicate what you've learned about managing anger with the kids in your group. Ask God to help you share the truth today that*

*it's okay to be angry, but it's important to talk to God about it. Ask God to lead you as you help the kids learn to go to God in their anger, and journey with God through it as they experience anger.*

### TODAY'S BIBLE STORY

**Don't Look Back in Anger**  
Slow to Anger  
James 1:19

### 1. EARLY ARRIVER

**WHAT YOU NEED:** Offering container, paper, and coloring materials

### TODAY'S BOTTOM LINE

**When you're angry, talk to God.**

#### WHAT YOU DO:

- Warmly greet each kid by name as they arrive.
- Encourage kids who brought an offering to place it in the offering container.
- Give each kid a piece of paper.
- Set out the coloring materials.
- Challenge kids to think of and draw as many types of weather as possible.
- Ask the following questions to help:
  - What kind of weather do you play outside in?
  - What kinds of weather do you stay inside in?
  - What kinds of weather can sometimes cause damage?
- Encourage kids to share their drawings with the group and talk about the different types of weather.

### MONTHLY MEMORY VERSE

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### MONTHLY VIRTUE

**Resilience—Getting back up when something gets you down**

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PROVIDING TIME FOR FUN INTERACTION  
15 MINUTES

### MADE TO PLAY

an activity that encourages learning through following guidelines and working as a group



## 2. OPENING ACTIVITY

**WHAT YOU NEED:** Device for playing upbeat worship music

**WHAT YOU DO:**

- Gather kids together in your group space.
- Explain that you're going to play music.
- When the music starts, invite kids to dance and move to it and freeze when the music stops.
- Start the music, and let it play for a few moments while the kids dance around.
- Randomly stop the music, encouraging kids to freeze.
- After a couple of rounds, direct the kids to move like slow or fast animals each time you call them out. Use some of the following examples:
  - sloth
  - hummingbird
  - cheetah running
  - snail
  - galloping horse
  - kangaroo hopping
  - turtle
- Play several rounds, switching up how long you play and pause the music.
- Play as long as time and interest allow.

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**WHAT YOU SAY:**

"Good listening! What did you guys notice about the different animals? (Some were slow and some were fast.) Yes! Some were fast and . . . some . . . were . . . S-L-O-W. **[Transition]** In Large Group, we'll hear about when it's important to be quick and when it's important to be slow. Let's go learn more."

Lead your group to the Large Group area.



CREATING A SAFE PLACE TO CONNECT  
25 MINUTES

### MADE TO PLAY

an activity that encourages learning through following guidelines and working as a group



## 1. GREEN LIGHT, YELLOW LIGHT [TALK ABOUT GOD | BIBLE STORY REVIEW]

**WHAT YOU NEED:** Bible marked at James 1, and "Green Light, Yellow Light" Activity Page

### WHAT YOU DO:

- Pick a kid to open the marked Bible to James 1.
- Read verse 19 to the group.
- Explain what it means to be quick to listen, slow to speak, and slow to get angry.
  - Quick to listen: Like a cheetah, be very fast to hear what someone else is saying.
  - Slow to speak: Like a slow sloth, we can pause . . . take a deep breath . . . and think about what we want to say, BEFORE we say it.
  - Slow to get angry: Like a slow sloth, be someone who is slow to get angry. Anger is only wrong when you let it take control of you and if you act without thinking.
- Instruct the kids to line up shoulder-to-shoulder on one side of your group space.
- Stand across from the kids in your group space, leaving enough space to play a game similar to Red Light, Green Light.
- One at a time, read a scenario from the "Green Light, Yellow Light" Activity Page.
- Invite a kid to share the wise choice.
- If a kid chooses the correct answer, instruct the group to move closer to you using a movement below:
  - Everyone, quickly take \_\_\_\_ [number] hops forward.
  - Everyone, slowly take \_\_\_\_ [number] \_\_\_\_ baby steps forward.
  - Everyone, slowly take \_\_\_\_ [number] \_\_\_\_ giant steps forward.
- End the game when the kids reach you.

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Resilience—Getting back up when something gets you down

### BASIC TRUTH

I should treat others the way I want to be treated.

### WHAT YOU SAY:

"When you feel angry, you have choices. You can let your anger take control OR you can make the wise choice about what to do.

"What does it look like to let anger take control? (Invite responses. Kids might say something like: yelling, throwing things, crying, saying mean things.) Why are those things not helpful? (Invite responses. Kids might say something like: I can hurt myself or others, they don't help me be like Jesus.) What wise choices can you make instead? (Invite responses. Kids might say something like: I can take a deep breath, talk about it, move my body, etc.)

"Yes! God has given you some GREAT ways to help your body and mind let go of anger. First, **when you're angry, talk to God.** Tell God how you feel. Ask God to help you make wise choices. God's Spirit lives with us and can help us to make wise choices!



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PRELUDE

SOCIAL

STORY

WORSHIP

GROUPS

HOME

CREATING A SAFE PLACE TO CONNECT  
25 MINUTES

## (1. GREEN LIGHT, YELLOW LIGHT, CONTINUED)

“You can also talk with a trusted adult, take deep breaths, move your body, or draw a picture of how you feel. And if you’re angry because someone is doing something you don’t like, you can say, ‘Stop. I don’t like that.’ With practice—and with God’s help—you can be quick to listen, slow to speak, and slow to get angry.”



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CREATING A SAFE PLACE TO CONNECT  
25 MINUTES

### MADE TO EXPLORE

an activity that extends learning through hands on experimentation and discovery



### \* 2. S.L.O.W. DOWN

[LIVE FOR GOD | APPLICATION ACTIVITY]

WHAT YOU NEED: "S.L.O.W. Down" Activity Pages, stuffed animals, plain paper, and coloring supplies

#### WHAT YOU DO:

- Invite the kids to sit in a circle.
- Invite kids to share what makes them angry.
- **[Make It Personal]** (Share what made you angry when you were a kid. Maybe it was a sibling taking things without asking, a friend saying something mean, being blamed for something you didn't do, or someone calling you names.)
- Call on kids to share what happens when they get really angry.
  - Share that sometimes feeling angry might make us want to yell, or get quiet, or cry, and so much more.
  - **[Make It Personal]** (Give kids an age-appropriate example of what happens when you're angry.)
- Tell the kids that today the group will discover some wise choices we can make when we're angry.
- Show kids the posters from the "S.L.O.W. Down" Activity Page.
- As you go through each page, teach kids the strategies.
- Once you've talked through each strategy, get the stuffed animals, plain paper, and coloring supplies.
- If you have enough space and leaders:
  - Divide your kids into four groups.
  - Set out the four posters from the "S.L.O.W. Down" Activity Page along with the items needed for that strategy.
  - Assign each group to a strategy.
  - Assign a leader to each group to walk the group through the strategy.
  - Lead all four groups to rotate through all four strategies.

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### BASIC TRUTH

I should treat others the way I want to be treated.

#### WHAT YOU SAY:

"We all get angry sometimes, and feeling angry is NOT wrong—even Jesus got angry! Anger can become wrong when you let it take control of you. So **when you're angry, talk to God.** Ask God to help you S.L.O.W. down. Tell God how you feel! Take deep breaths, draw and crumple up a picture, move your body, or talk it out with a grown-up you trust. All these things can help you be quick to listen, slow to speak, and slow to get angry."



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CREATING A SAFE PLACE TO CONNECT  
25 MINUTES

### MADE TO REFLECT

an activity that creates space for personal understanding and application



### 4. PRAY AND DISMISS [PRAY TO GOD | PRAYER ACTIVITY]

**WHAT YOU NEED:** "S.L.O.W. Down" Activity Pages from the S.L.O.W. Down Activity

**WHAT YOU DO:**

- Invite the kids to sit in a circle.
- Ask: "What are some different things you might do when you're angry?"
- Share some of the following ways people sometimes show anger:
  - Yelling, stomping feet, make a fist, shut down, break or throw something, getting quiet, upset stomach.
- Explain that God has given us so many tools to help us slow down when we're getting angry.
- Display the "S.L.O.W. Down" Activity Page posters by spreading them out.
- Use the posters to remind kids about things they can do when they feel anger starting to take control.
- Give kids a few moments to look at the posters.
- Invite each kid to pick a strategy they'll use this week to help them be 'slow to get angry.'
- Guide each kid to take a seat near the strategy poster they'd like to try to use this week.
- Close the group in prayer.

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### BASIC TRUTH

**I should treat others the way I want to be treated.**

**WHAT YOU SAY:**

"Dear God, thank You for each of my friends here! Thank You for all the tools we learned today to help us when we're feeling angry. Please remind us that You are always with us. When we're angry, help us make wise choices and be slow to get angry. We love You, and we pray these things in Jesus' name. Amen."

As adults arrive to pick up, encourage kids to share one strategy they'll use when they feel angry. Also, encourage them to share today's Bottom Line: **When you're angry, talk to God.**