



We All Belong

Thanks for purchasing!



Danielle is a special education instructional coach, master trainer, and parent of two children with autism. We All Belong LLC is committed to making churches and faith-based organizations more inclusive by providing training and resources. Learn more at www.WeAllBelongLLC.com

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FROM THE BIBLE



The following is meant to provide context
for the activities that follow.

Today's Lesson is based on:
Isaiah 41:10 NIRV

So do not be afraid. I am with you.
Do not be terrified. I am your God.
I will make you strong and help you.
I will hold you safe in my hands.
I always do what is right.

Key Takeaway:

God can help you with all of your emotions. Talk to him and tell him what you feel.

Relevant Talking Points

1. Explain what emotions are. Go through the major emotions and practice making different emotion faces.
2. Discuss things that may make you happy, sad, angry.
3. You can share additional examples from the Bible where God showed compassion for people's emotions like Jesus weeping for Lazarus.
4. Encourage kids to turn to God in prayer when they feel overwhelmed or sad.
5. Talk about practical ways to manage emotions like drawing, journaling, singing, deep breathing, and prayer.

Discussion questions:

1. How does it feel when you pray about your worries?
2. What do you do when you feel sad or upset? How does it help you?
3. What are some ways you can feel God's presence when you're going through tough emotions?
4. Why do you think it's important to talk to someone about how we feel?
5. How can we support our friends when they're feeling down or scared?
6. What do you like to pray about when you're feeling overwhelmed? Do you ever pray and thank God for the things that are going well when you're overwhelmed?

Visuals to Support Q&A



The Bible Story

Bible stories are designed to be a condensed version of a larger story with emphasis on the big idea. Stories may also sometimes be a bible verse presented in a visual way to help individuals understand what they are reading.

Assembly

1. Print all pages
2. Cut along the gray line down the center of the page.
3. Laminate each page
4. Place a hole punch in the upper corner
5. Use a book ring to hold the pages together.
6. Read as much as you like!

God Visits Gideon



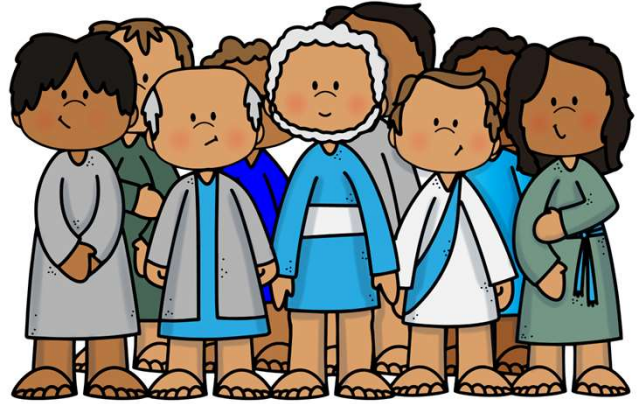
Based on:
Judges 6: 1-23

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Midian



Israelites



There was a group of people from the land of Midian who were being mean to the Israelites because they had sinned and disobeyed God.

1



The people of Midian took their food, animals, and belongings.

2



The Israelites prayed to God for help.

3



An angel of God found Gideon hiding wheat from the Midianites and said, "The Lord is with you mighty warrior."

4



Gideon was confused. But God told Gideon, "I am sending you to save your people."

5

Gideon's Family



Gideon was scared. He said, "My family is small and I am the least important person in my family."

7



God said, "I will be with you, and you will destroy the mean people from Midian."

8



Gideon said, "If it's really you God, show me a sign." Then Gideon went and got the ingredients to prepare some food.

9



The angel of God told Gideon to put the ingredients on a rock. Then the angel touched the meat and it caught on fire.

10



Then God said, "Peace. Don't be afraid. You're going to do a good job when you go save your people."

11

Interactive book

Assembly

1. Print all pages
2. Cut each page along the bolded line (**except the 2nd to last page**)
3. On the last page, cut out individual pieces
4. Laminate all pages and the individual pieces from the last page
5. For individual small pieces:
 1. Place hard velcro on the back of images
 2. Place soft velcro on the where it says "velcro"
 3. Place soft velcro on individual pages in the small box
6. Finally, bind all pages with binding machine or single hole punch and book rings.



God Will Help Me With My Emotions



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Based on:
Isaiah 41:10

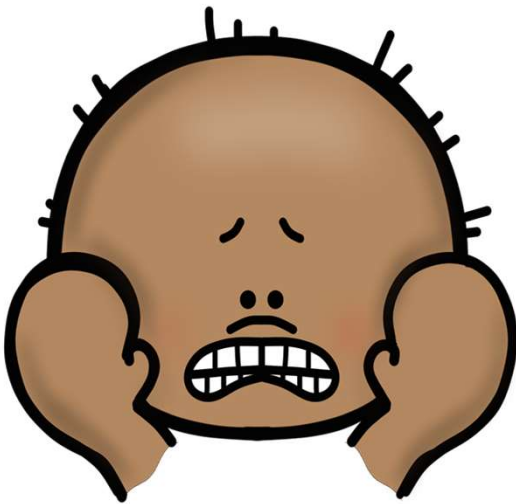


Sometimes life is hard.

Find hard

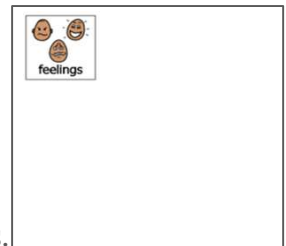


1



When things are hard, I have feelings.

Find feelings.



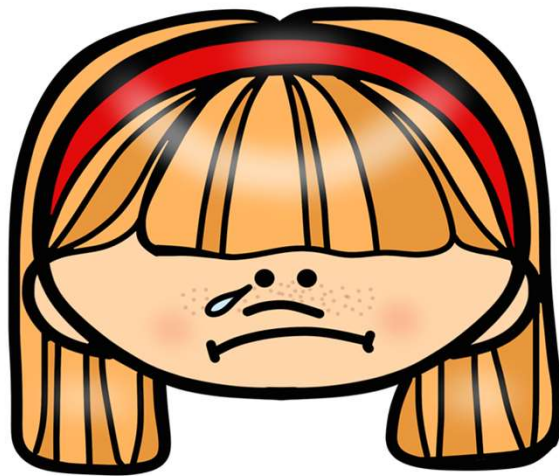
2



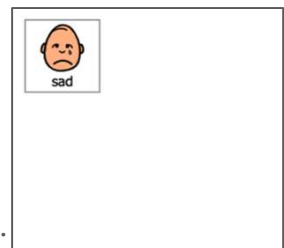
I can talk to God about everything.

Find everything.

3

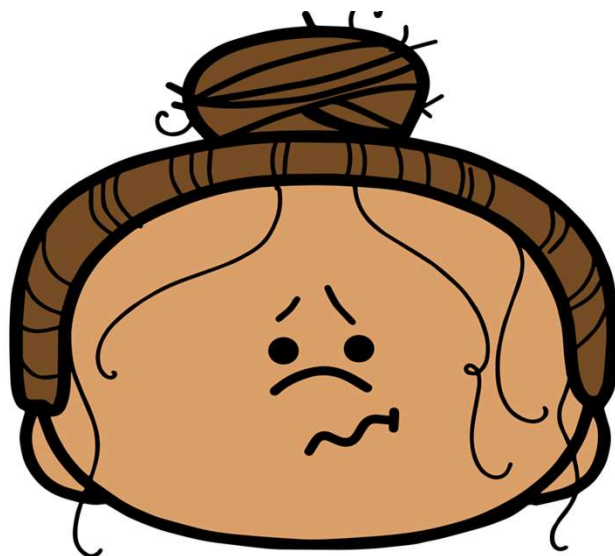


When I feel sad,



Find sad.

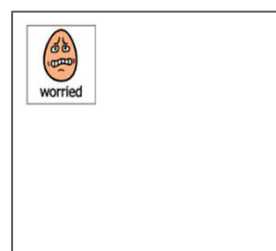
4



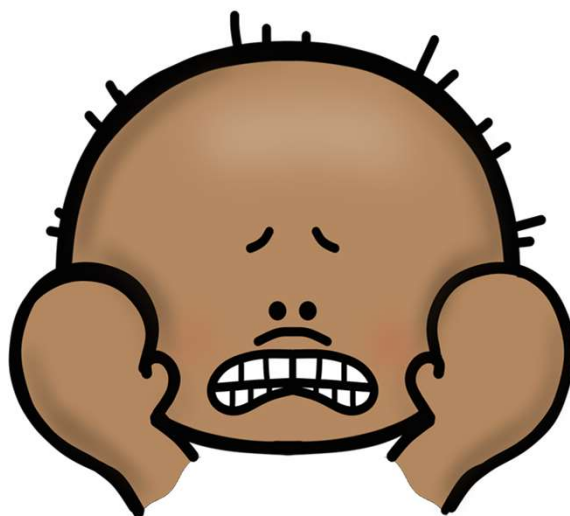
When I feel worried,



Find worried.



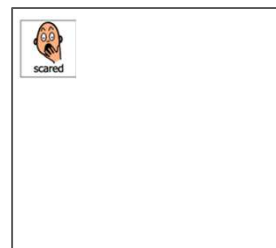
5



When I feel scared,



Find scared.



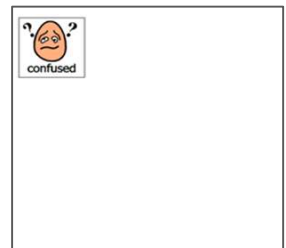
6



When I feel confused,



Find confused.



7



When I feel angry,



Find angry.



8

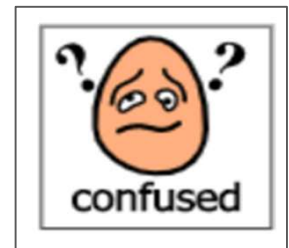
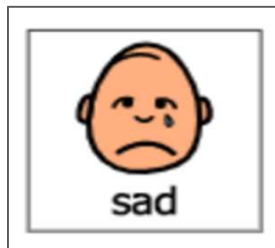
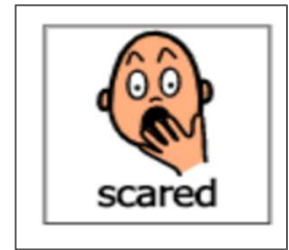


I trust God to help me.

----- Do Not Cut-----



Cut these individual images and place velcro on previous page



PRAYER



God,



Thank you for listening to me and understanding how I feel. When I'm



sad, worried, or angry, I can talk to you and you will help me. I love



you God and thank you for loving me.

Amen

ADAPTED MEMORY VERSE



Do not be afraid, I am with you. Do Not be terrified. I am your



God. I will make you strong and help you. I will hold you



safe in my hands. I always do what is right.

Isaiah 41:10 NIRV

Playdoh Mats

Laminate and Enjoy





SICK

SAD



ANGRY



HAPPY

Interactive Activities

These activities allow a child or individual with a disability to interact with them repeatedly.



Assembly

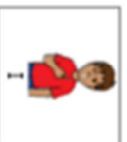
You will need

- A laminator
- Sticky Back Velcro

Directions:

1. Print all materials
2. Follow directions listed on top of page *If no direction is listed, This page is to be laminated as is.
3. Velcro should be placed on top of "dots" or the word "Velcro" as well as on the back of corresponding picture

Sort the
feeling faces.

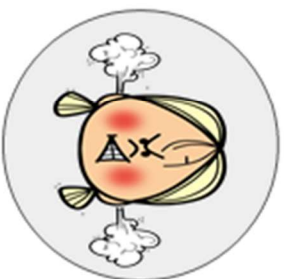


Happy

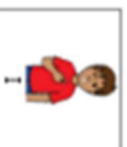
Angry



Cut images and laminate



Match the
feeling faces.



angry



sad



worried



scared



happy



confused

Cut and laminate individual images for matching.



happy



sad



angry



confused



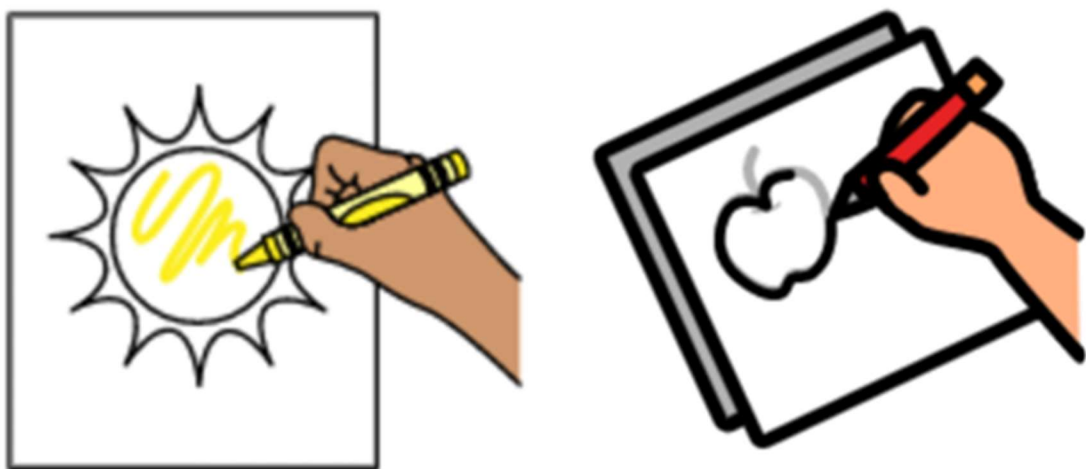
worried



scared

Fine Motor Activities

These activities are designed for coloring or tracing.



ADAPTED MEMORY VERSE



Isaiah 41:10 NIRV

So do not be afraid. I am
with you. Do not be
terrified, I am your God. I
will make you strong and
help you. I will hold you
safe in my hands. I always
do what is right.

- Isaiah 41:10

Mini Book Assembly

1. Print all pages.
2. Cut pages along the bold line down the center.
3. Staple the left side
4. Allow individuals to color, draw, and engage with the book.

I Can Talk to God About My Feelings.



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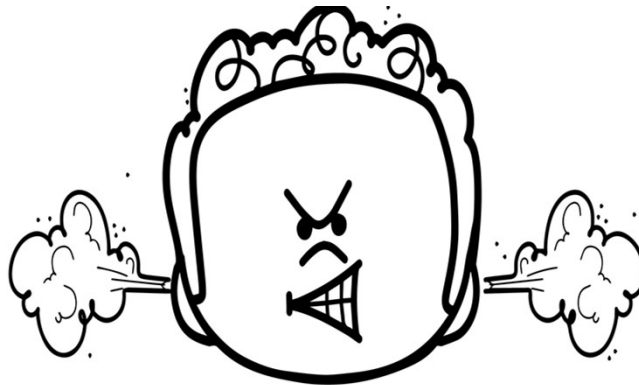
I can talk to God when I am scared.



I can talk to God when I am worried.



I can talk to God when I am sad.



I can talk to God when I am angry.



I can talk to God when I am confused.



I can talk to God when I am happy.

Name: _____

God Can Help With All My Feelings

D	O	S	A	T	E	U	X	W	F	U	B	T	I	A	D	S	K
P	R	I	T	G	M	M	Q	R	K	E	I	T	V	Y	A	T	Q
W	H	Z	W	K	O	S	B	I	S	H	E	G	G	K	N	T	C
S	A	D	O	C	T	C	S	A	N	T	S	L	X	X	G	F	U
L	Y	Y	R	K	I	A	V	H	R	Y	Y	I	I	T	R	L	J
Q	J	W	R	G	O	R	H	G	E	R	G	E	L	N	Y	F	D
T	V	M	I	J	N	E	M	I	T	E	A	B	M	L	G	O	U
O	S	Q	E	L	S	D	X	S	H	Z	G	S	O	J	Y	S	Q
B	V	K	D	F	N	Y	A	X	P	Y	E	D	S	R	G	N	H
I	C	O	N	F	U	S	E	D	T	M	J	U	Y	E	E	I	S
A	A	H	A	P	P	Y	A	E	X	C	I	T	E	D	D	D	X
Q	F	Y	X	T	R	N	U	Q	W	Z	U	Y	M	X	M	O	Z

Find the following words in the puzzle.

Words are hidden → ↓ and ↘ .

EMBARRASSED
FEELINGS
EMOTIONS
CONFUSED
WORRIED

EXCITED
SCARED
HAPPY
ANGRY
BORED

SILLY
SAD

SOLUTION

God Can Help With All My Feelings

. . . . E . . . F
. . . . M M . . . E A . .
. . . W . O S B . . . E . . . N . .
S A D O . T C . A . . S L . . G . .
. . . R . I A . . R . . I I . R . .
. . . R . O R . . . R . . L N Y . .
. . . I . N E A B . L G . .
. . . E . S D S O . Y S .
. . . D S R . . .
. C O N F U S E D E E . .
. . H A P P Y . E X C I T E D D D .
.

Word directions and start points are formatted: (Direction, X, Y)

EMBARRASSED (SE,6,1)

FEELINGS (SE,10,1)

EMOTIONS (S,6,1)

CONFUSED (E,2,10)

WORRIED (S,4,3)

EXCITED (E,9,11)

SCARED (S,7,3)

HAPPY (E,3,11)

ANGRY (S,16,2)

BORED (SE,13,7)

SILLY (SE,12,4)

SAD (E,1,4)