



PEACE ACTIVITY SUPPLEMENT YOU BEFORE ME // WEEK 4

Scenario: My sibling always tries to get the best seat in the car!

Would you rather ...

Choice 1: Take deep breaths and think about good things God has done.

Choice 2: Imagine your favorite place.

Scenario: The girl across the street goes on and on about how she has better toys than I do.

Would you rather ...

Choice 1: Talk with someone you trust about how you're feeling and ask them to pray for you.

Choice 2: Take a walk and think about the things you see, feel, hear, smell, and taste.

Scenario: That kid in my class gets picked to do all the things I want to do.

Would you rather ...

Choice 1: Make a fist and relax it until you feel better.

Choice 2: Read a book you like.

Scenario: My sibling ate all the cookies that I wanted and put the empty package back in the cabinet.

Would you rather ...

Choice 1: Take a drink of water.

Choice 2: Hang your head upside down for a few minutes.

Scenario: My sibling always gets picked up from class before I do.

Would you rather ...

Choice 1: Remember the words to a song you love or a song that makes you think about Jesus.

Choice 2: Repeat a Bible verse that helps you choose to be at peace.

Scenario: My cousin comes over, messes up my room, and doesn't help clean it up.

Would you rather ...

Choice 1: Talk to God about what annoys you and ask Him to help you calm down.

Choice 2: Take a shower or a bath after your cousin leaves.

Scenario: My sibling never does their chores and tells me to do them.

Would you rather ...

Choice 1: Do jumping jacks.

Choice 2: Write or draw what annoys you and put the paper in a box to help you let go of it and let God take care of it.

Scenario: My neighbor always makes up nicknames for me that I don't like.

Would you rather ...

Choice 1: Count slowly to 100.

Choice 2: Say good things to yourself about how great God made you to be and how God can give you patience.

Scenario: My sibling sticks her tongue out at me when no one is looking.

Would you rather ...

Choice 1: Touch things around you and focus on how they feel.

Choice 2: Stretch out different parts of your body.

Scenario: That kid in my class never gets "out" in games when they're supposed to.

Would you rather ...

Choice 1: Take a break and think about a few of your favorite things.

Choice 2: Block out noises with your hands or headphones until you can relax.