



TRUTH OR TRASH ACTIVITY SUPPLEMENT EMOTIONS // WEEK 3

Read the scenarios in any order.

Kids **say, "Truth!"** and **give a thumbs up** if it's a **godly** way to handle anger.

Kids **say, "Trash!"** and **throw silent tantrums** if it's a **sinful** way to handle anger.

Godly (Truth) Scenarios

- When he punched me, I left and found a grown-up to help me out.
- Even when someone's not sorry, I forgive them because God forgives me when I don't deserve it.
- I talked to a grown-up when I got mad, and it helped me cool down.
- When my baby sister stole my candy, I prayed God would help me be kind to her.
- I was angry when my teacher got on to me, so I counted to 100 before I talked to him about it.
- When my friend talked about me behind my back, I prayed and then talked to her about it.
- I was angry about people littering, so I started picking up trash any time I saw it.
- I was mad kids were picking on my friend, so I got help from an adult.
- I did some exercise when I got angry. It helped me calm down.
- I took some deep breaths to calm down when I was mad.
- I say encouraging Bible verses to myself when I'm angry.
- When someone makes me mad, I pray God will bless them.

Sinful (Trash) Scenarios

- I got even with my brother so he wouldn't mess with me anymore.
- I keep my feelings to myself because talking about them doesn't help.
- I hit the wall because it made me feel better.
- I yelled when I was mad at my mom so she'd know how I felt.
- When that boy called me names, I called him names right back.
- I'm not going to talk to my dad until he apologizes to me.
- When I get mad, I just leave and ignore everybody when they try to find me.
- I kick things when I get mad. It feels good to kick really, really hard.
- When my sister broke my toy, I went and broke hers, too. Now we're even.
- When I get mad, I break things. It's a good way to let off steam.
- When people hurt my feelings, I just pretend like I'm not mad.
- I throw a fit when things don't go my way.
- My friend was talking about me behind my back, so I told everyone how mean she was.
- When she punched me, I punched her right back. No one pushes me around!