

Sort it out Together

Truth or Trash

Learn together:

Ephesians 4:26 “When you are angry, do not sin. Do not let the sun go down while you are still angry.”

Read together:

It is ok to feel mad. Everyone feels mad, sometimes. But it is not ok to make wrong choices because you're mad. We are going to play a game about that.

You'll need:

- Truth or Trash Activity Sheet

What to do:

To Do

1. **Read** a scenario from the activity supplement.
2. If it's a godly way to handle anger, kids **say, "Truth!"** and **give a thumbs up.**
3. If it's a sinful way to handle anger, kids **say, "Trash!"** and **throw silent tantrums** on the floor.
4. **Repeat steps 1-3** with the remaining scenarios on the activity supplement.

