kids' club

feelings

A Family Guide

growing emotionally and spiritually together

Every child experiences big emotions–joy, anger, fear, sadness, excitement, disappointment, and everything in between! Sometimes those feelings are easy to understand, and other times, they can be confusing and overwhelming.

The good news is that God gave us feelings, and every emotion has a purpose. Throughout this series, kids are learning that emotions aren't something to ignore or hide. They're clues that help us understand what's happening inside. When children learn to recognize and name their feelings, they're better equipped to make wise choices, build healthy relationships, and grow in their faith.

Most importantly, kids are discovering that Jesus experienced emotions too. He understands what it feels like to be human, and he shows us healthy ways to respond to every emotion we experience.

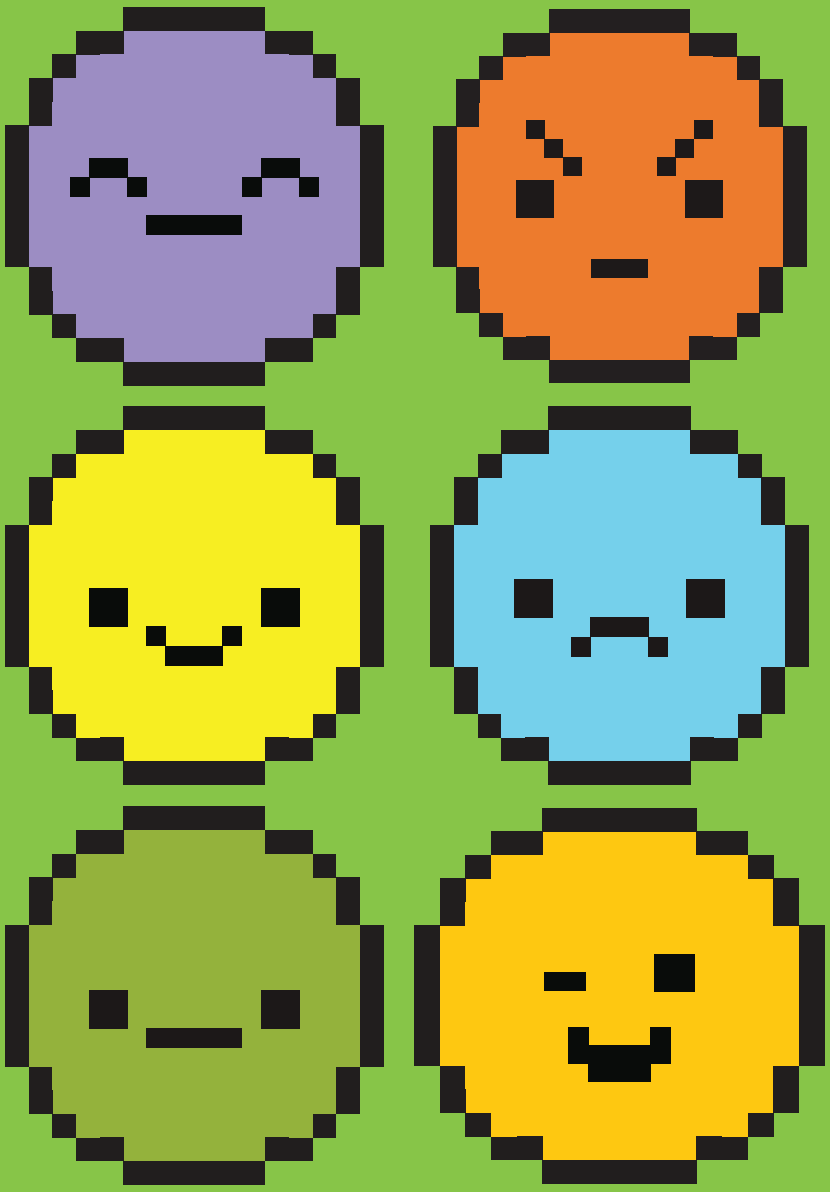
a simple framework for big feelings

Use this guide to help your family process feelings through practical discussion, fun activities, and encouragement for YOU–all based on content your child experiences in Kids' Club. Our hope is simple: that your family grows closer to one another and closer to God as you learn to navigate emotions together.

As you move through this guide, try ending each day asking your kid one simple question: "What was one feeling you had today?" Listen without rushing to fix or explain. You might be surprised where the conversation leads.

Remember:

As a parent, you don't need to have all the answers. One of the greatest gifts you can give your child is creating a safe place to talk about what's happening inside. When children feel heard, understood, and loved, they can learn how to bring every feeling to God. **If you don't create space for kids to process their emotions, they will internalize the wrong beliefs instead of what God believes about them.**

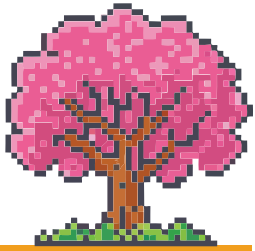


week 1

feelings

This week, kids discovered an important truth: **God gave us feelings, and every emotion has a purpose.** Through Amoni's adventure with a giant iceberg, they learned that our emotions are often like an iceberg–what we show on the outside is only part of what's happening underneath. Anger might be covering hurt. Silliness might be hiding nervousness. Quietness could be masking sadness.

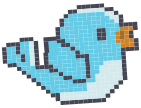
Kids also learned that Jesus experienced every kind of emotion—joy, sadness, anger, fear, compassion, and more. He didn't ignore his feelings or let them control him. Instead, He talked to God, spent time with trusted friends, and chose healthy ways to respond. If we want to become more like Jesus, we can do the same!



memory verse

"Lord, you have seen what is in my heart. You know all about me." Psalm 139:1

Family Time



Talk About It

- What was one feeling you had today?
- Have you ever said, “I’m fine” when you were really feeling something else?
- Why do you think God gave us feelings?
- What’s one way Jesus handled his emotions that you could try this week?

Do This Together

Draw a large iceberg together. Above the water, write or draw the feeling others can see (mad, silly, quiet, excited). Below the surface, talk about what feeling might be underneath (hurt, worried, disappointed, embarrassed, lonely). Kids could also write about or draw specific examples that caused them to feel that way. Add to your iceberg throughout the week as new feelings come up.

Bonus Idea

Grab a cold treat out of the freezer while you draw your iceberg. Sometimes the best times for our kids to open up are while they’re eating!

Parent Time

Big Idea

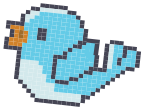
One of the greatest gifts we can give our kids is helping them understand what’s happening inside of them. Emotions aren’t problems to solve, they’re signals that help us understand our hearts. When children learn to recognize and name their feelings, they’re better equipped to make healthy choices, build strong relationships, and grow in their faith.

When we make space for our kids to talk about their feelings, we help them see themselves the way God sees them. By listening, naming their emotions, and reminding them they're loved, we're teaching them that their feelings matter–and that God is with them through every emotion.

This Week's Focus

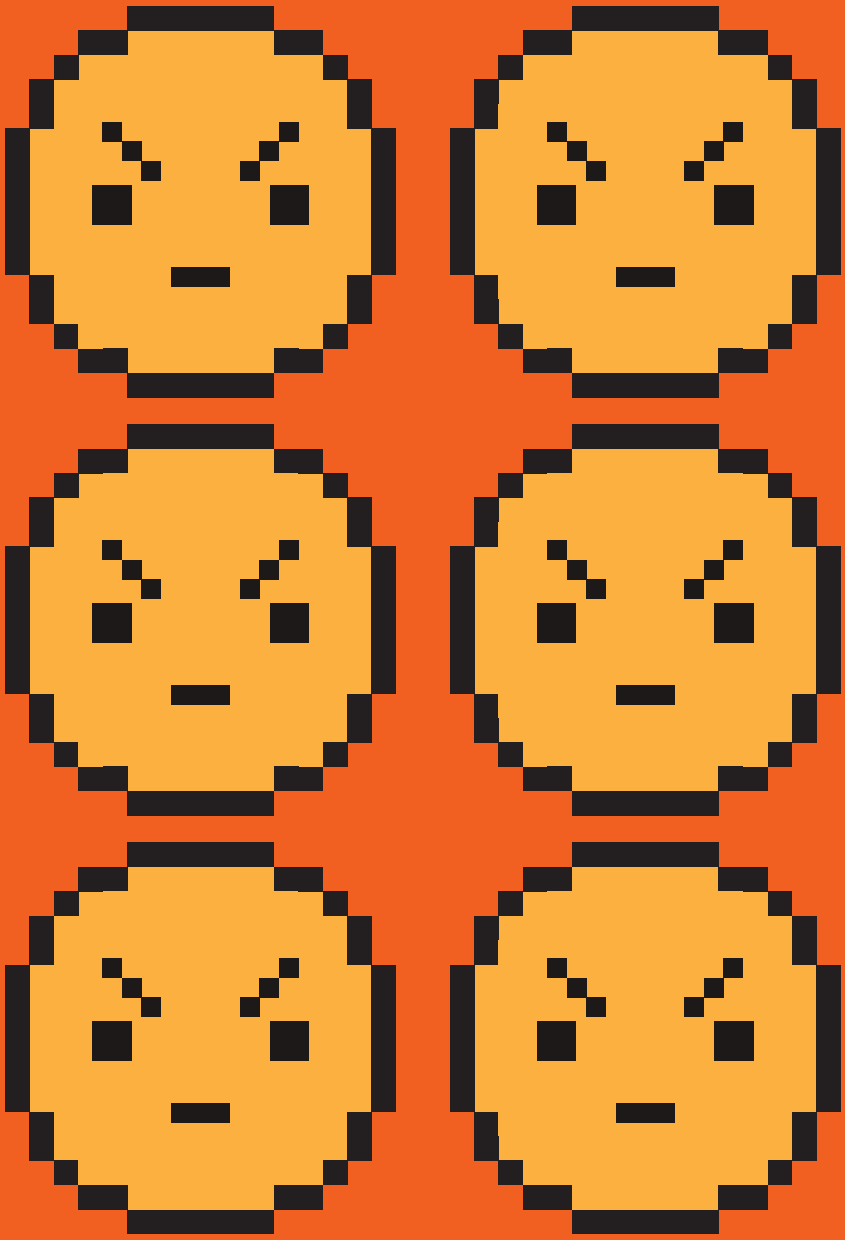
- **Stay calm first.** Your calm helps regulate your child's nervous system, especially during big emotions.
- **Name the feeling.** Try saying, "You seem really disappointed," or "Can you tell me what you're feeling?"
- **Get curious.** Instead of rushing to fix the problem, ask, "What do you think made you feel that way?"
- **Remind them who they are.** Speak words that reinforce their identity: "You're funny." "You're kind." "You're brave."

Remember



- **Can you keep calm?**
  We know, it's hard. But when your child is overwhelmed, staying calm helps them calm down, too.

- **How did you learn to handle emotions growing up?**
  The way you learned to handle emotions can become the way you teach your children to handle theirs. But as God grows you, you have the opportunity to give your kids something even healthier than what you experienced.



week 2

anger

This week, Amoni landed in Lava World. She discovered that anger itself isn't bad–even Jesus experienced anger. **But He never let his anger control him.** Instead, He responded with wisdom, love, and self-control, showing us a better way.

Kids also learned that anger is often a signal pointing to something deeper. A child who seems angry may actually be feeling hurt, embarrassed, disappointed, lonely, or overwhelmed. When we slow down and pay attention to what's underneath, we can respond with understanding instead of simply reacting to behavior.

memory verse

"Everyone should be quick to listen, slow to speak and slow to become angry." James 1:19

Family Time

Talk About It

- What does anger feel like in your body?
- Have you ever been angry when you were actually hurt or disappointed?
- What helps you slow down when you're upset?
- How did Jesus show us a healthy way to respond to anger?

Do This Together

Think of a recent moment when someone in your family felt angry. What happened? How did they respond? Now, practice a healthier response together. Kids love getting a "do-over," and it helps reduce shame while encouraging a healthier response. Playfully reenacting a situation can teach in the midst of laughter!

Bonus Idea: Watch the movie *Inside Out*, and talk about it afterward!

Parent Time

Big Idea

Emotions that go unprocessed don't disappear. They surface later in unhealthy ways, often through anger, addiction, broken relationships, or harmful behaviors. Giving kids space to process their feelings helps them develop healthy emotional habits that will last a lifetime.

When a child is angry, it's easy to focus on stopping the behavior. But anger is often the visible part of a much bigger story. Looking beneath the anger helps us understand what our

child is really trying to communicate. Remember, children borrow OUR calm before they can find their own. It's an opportunity to help your child build emotional resilience and experience the love of Jesus through you.

This Week's Focus

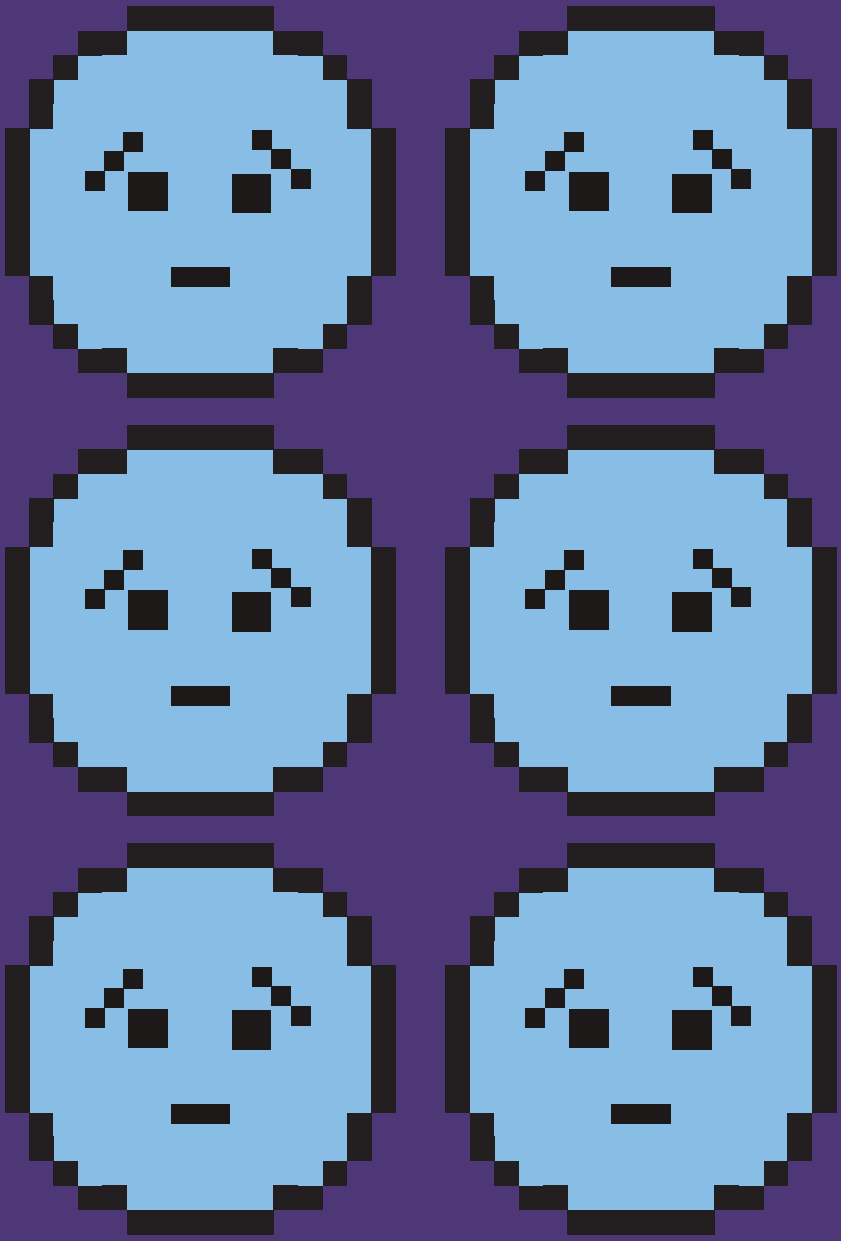
- **Stay calm.** Children borrow our calm before they can find their own.
- **Look beneath the anger.** Ask, "Did something hurt your feelings?" or "Were you disappointed?"
- **Offer healthy outlets.** Move, breathe, draw, or take a break before talking.
- **Practice a do-over.** Once everyone is calm, ask, "What could we try differently next time?"
- **Stay patient:** You can't reason with a child mid-meltdown.

Remember

- **Choose connection first.**
  Every interaction is an opportunity to build safety, trust, and resilience.

- **Pause before you respond.**
  If you need a moment to take a deep breath or pray before responding, that's okay. You're modeling a healthy way to handle big emotions!

- **How did you learn to handle emotions growing up?**
  As an adult, have you taken time to understand how your family modeled emotions to you?

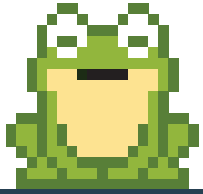


fear + worry

Week 3

This week, Amoni found herself on a dark, glitchy island where every shadow looked like a monster. But once she slowed down and looked more closely, she realized the "monsters" were just palm trees. She learned that fear can sometimes convince us something is more dangerous than it really is.

Kids also discovered that fear isn't always a bad thing. Sometimes it protects us from real danger. Other times, our worries make things seem bigger and scarier than they really are. Jesus experienced fear, too. When He was afraid, he prayed, talked with his closest friends, and trusted God. We can follow His example.



memory verse

"When I am afraid, I put my trust in you." Psalm 56:3

Family Time

Talk About It

- Has your imagination ever made something seem scarier than it really was?
- What's something you're worried about right now?
- Who can you talk to when you're afraid?
- How can talking to God help when you're worried?

Do This Together

Talk with your child about what helps them feel calm when they're worried or afraid. Here are some ideas:

- **Take a calming breath.** Breathe in for 4 seconds like you're smelling a flower, hold for 2 seconds, then breathe out slowly for 6 seconds like you're blowing out a candle. Repeat 3–5 times.
- **Pray together.** Tell God what's worrying you and ask him for peace and courage.
- **Draw or write.** Sometimes putting feelings on paper helps us understand them.
- **Talk to someone you trust.** Share your worries with a family member, or another trusted adult.
- **Remember what's true.** Repeat this week's memory verse together: "When I am afraid, I put my trust in you." (Psalm 56:3)

Parent Time

Big Idea

Fear and worry are a normal part of growing up. Our goal isn't to eliminate fear–it's to help our children learn they don't have to face it alone. When children feel safe enough to share their worries, they begin to learn that courage doesn't mean you're never afraid. It's about trusting God and taking the next step anyway.

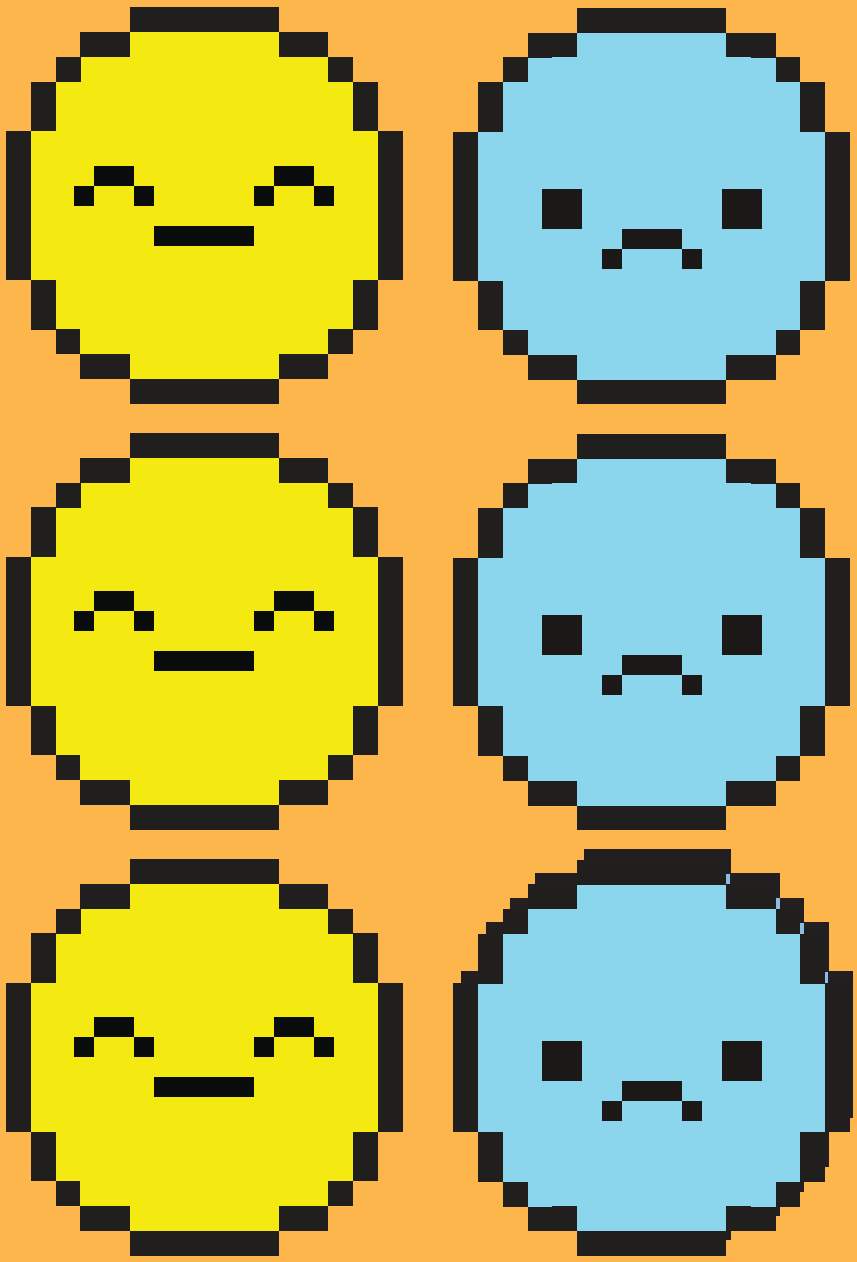
This Week's Focus

- **Welcome the feeling.**
  Avoid rushing to say, "There's nothing to worry about."
- **Invite conversation.**
  Ask, "Can you tell me what's worrying you?"
- **Help them find what's true.**
  Separate real dangers from imagined ones.
- **Point them to Jesus.**
  Pray together and remind your child that He understands fear and promises to be with us.
- **Resist the urge to fix the feeling.**
  Even if you can see there's nothing to worry about, your child may not be able to yet. Listening first helps them feel understood and builds the confidence to face their fears.

Remember

- **How did the adults in your life respond to your fears?**
  The way you experienced emotions as a child can shape how you respond to your own kids. As God grows you, you have the opportunity to model something healthier.

- **What are you modeling when you feel worried?**
  Your children are always watching. As you pause, pray, and trust God with your fears, you're teaching them how to do the same.



joy+ sadness

week 4

This week, Amoni arrived in a bright, beautiful world– but a rain cloud followed her everywhere she went! She tried to outrun it before realizing something surprising: she could feel **joy and sadness at the same time.**

Kids learned that joy is different from happiness. Happiness comes and goes with our circumstances, but joy grows from knowing God is always with us. Even when life is hard, we can hold on to the truth that He loves us and will never leave us.

Jesus experienced sadness too. He cried when his friend Lazarus died, grieved over people he loved, and experienced deep sorrow. Because of that, we never have to wonder if He understands our pain. He does.

memory verse

"The joy of the Lord is your strength." Nehemiah 8:10

Family Time

Talk About It

- Have you ever felt two emotions at the same time?
- What's the difference between happiness and joy?
- What reminds you that God is with you when you're sad?
- How can our family help each other through hard days?

Do This Together

Make up silly feeling word combinations like smad (sad + mad) or nervicited (nervous + excited). Come up with 5 of these, and draw pictures to show what they look like! Then, share a time you felt two emotions at once.

Parent Time

Big Idea

Children don't need to be protected from sadness–they need to know they can experience it while remaining safe, loved, and deeply connected to God. It's natural to want to fix your child's sadness. But sometimes the greatest gift we can give is simply being present. When children know they're safe to cry, ask questions, and share what's on their hearts, they learn that sadness isn't something to fear. It can become a place where they experience God's comfort.

This Week's Focus

- **Make space for sadness.**
  Your child doesn't need every problem fixed.
- **Be present.**
  Sometimes listening is the greatest gift.
- **Point them toward hope.**
  Joy isn't pretending everything is okay–it's remembering God is with us.
- **Check back in.** Some feelings take time to process. Revisit the conversation later.

Remember

- **How was sadness handled in your home growing up?**
  Did you feel safe expressing it, or were you told "You're too sensitive" or "Stop crying" so everyone could just move on? The way you experienced emotions as a child often shapes how you respond to your own kids.

- **Who helped you through hard moments?**
  When children feel heard, comforted, and supported, they learn that sadness is something they can move through–not something they have to hide. If you didn't experience that growing up, remember: as God grows you, you have the opportunity to give your children even healthier habits.

- **Your child needs your presence and patience most of all–not a quick fix.**
  Sometimes the greatest gift you can give is simply sitting beside them, listening, and reminding them they're not alone.

book resources for kids

- **The Color Monster**, Anna Llenas
- **In My Heart: A Book of Feelings**, Jo Witek
- **What to Do When You Worry Too Much**, Dawn Huebner (anxiety workbook)
- **My Body Sends a Signal**, Natalia Maguire
- **My First Emotions**, Diane Alber (Toddlers)

- **Raising an Emotionally Intelligent Child**, John Gottman
- **Emotionally Healthy Spirituality**, Peter Scazzero
- **The Whole-Brain Child**, Dr. Daniel Siegel
- **Good Inside**, Dr. Becky Kennedy
- **Rising Strong**, Brené Brown
- **Breath as Prayer**, Jennifer Tucker
- **Atlas of Emotions,** Brené Brown

book resources for adults

notes

What new coping skill would you recommend to a friend?
What do you not want to forget from this series?
How has this series changed the way your family processes feelings?
What's one conversation about feelings you want to keep having as a family?

Kids' Club wants to make things that actually help you and your family.
If this guide was a helpful tool, let us know.
Send stories, questions or suggestions to kc@crossroads.net.

Scan to watch episodes from this series.
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kids' club