

Who's Who?

Riley's Emotions work together to help her through each day. The names of Riley's Five Emotions are each hidden two times in the puzzle below. Can you find them all? Look up, down, forward, backward and diagonally.



T S S E N D A S
 S R E G N A S D
 U R Y O J S I H
 G A E A E S D A
 S E Q N G U Y N
 I F D U A O R G
 D A S T J E R E
 S T S F E A R R

What emotions do you deal with? Write them below.

Who can help us with our anger, fear, disgust and sadness?

Disney Pixar
**INSIDE
 OUT**

© 2015 Disney/Pixar

FOR MORE FUN VISIT
WWW.DISNEYSTORIES.COM



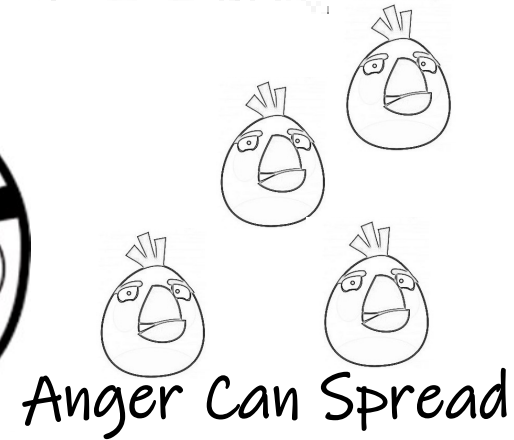
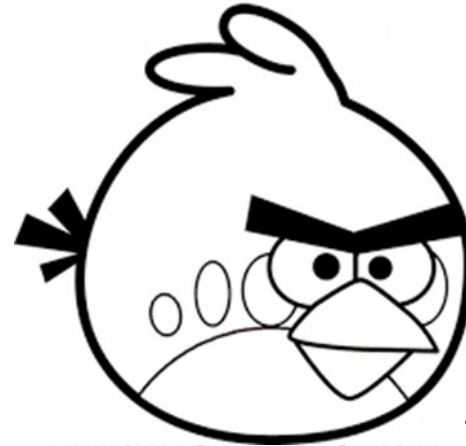
Children's Worship Bulletin

First Brethren Church

Oct. 14, 2018



Don't Be an
ANGRY BIRD

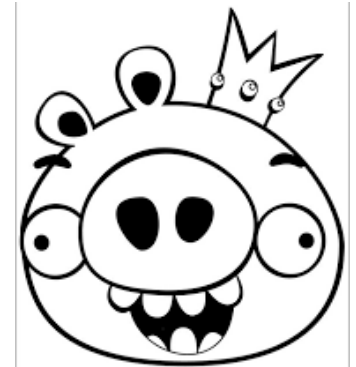


Anger Can Spread

Don't Be a Bully



Direct
 Your Anger
 Appropriately



Anger Triggers

COOL DOWN STRATEGIES



bird's nest
a quiet, calm place



balloon breathing
slow, deep breaths



boomerang bird
stop and think how your
actions will affect
yourself and others



mighty eagle
an adult that can
step in to help

thohometeacher.blogspot.com

Expressions All About ME

I worry about _____.

I dreamt about _____.

I am proud of _____.

I am interested in _____.

I am afraid of _____.

I don't believe in _____.

I am good at _____.

I am poor at _____.

I have to _____.

I feel like _____.

I regularly _____.

I never _____.

I can't stand _____.

I have difficulty _____.

I have a habit of _____.

I no longer _____.

_____ makes me laugh.

_____ makes me sad.

_____ makes me angry.



let every man be quick to listen but slow to use his tongue, and slow to lose his temper. For man's temper is never the means of achieving God's true goodness.

James 1:19-20 (Phillips Translation)