



GOD'S GOOD PLANS

CRAFT | LESSON 4

EMOTION STRESS BALL

Use this craft to remind your child that they can tell God how they feel no matter what. To help reinforce this teaching objective, your child will create their own emotion stress ball to have when they pray to remind them God cares about how they feel. He hears them and has good plans for them.



DIRECTIONS

1. Place the funnel inside the mouth of the water bottle.
2. Pour about half a cup of "filling" into the water bottle through the funnel.
3. Remove the funnel and put a balloon around the open mouth of the water bottle and pour the contents into the balloon.
4. Squeeze the water bottle to slightly inflate the balloon to pour in the remaining content.
5. Remove the balloon from the bottle, let out air from balloon, and tie off the end into a knot.
6. Ask your child how they feel today. They may need help identifying their feelings. Reference the emotions words to help them.
7. After they answer, say something like, "Did you know God made feelings? You have feelings because God has feelings."
8. Draw on the emotion ball with permanent marker to show that feeling.
9. Encourage your child to share this feeling with God when they pray. Continue making as many emotion stress balls as you'd like.

SUPPLIES NEEDED



Balloons
Solid Color



Permanent
markers



Funnel



Empty and dry
water bottle



Filler item like
flour, rice, beans,
water beads, etc.

EMOTION WORDS

Happy, Sad, Excited, Angry,
Bored, Grumpy, Silly, Annoyed,
Brave, Calm, Nervous, Scared,
Tired, Shy, Surprised, Worried,
Loving, Disappointed