

# LEMONADE : FEELINGS, EMOTIONS & MOODS



10

TO KNOW WE ALL HAVE DIFFERENT EMOTIONS AND THAT IT IS GOOD TO EXPRESS THEM AND FEEL THEM  
TO KNOW HOW TO EXPRESS ALL EMOTIONS IN A HEALTHY WAY  
TO KNOW JESUS HAS YOUR PROTECTED AND WILL MAKE ALL THINGS RIGHT



TO CHANGE YOUR THINKING ABOUT ONE NEGATIVE THING THIS WEEK INTO SOMETHING POSITIVE

## Intro



- Welcome everyone. (Make sure everyone knows each other, register etc.)
- Explain what happens at youth, and what today is about: Emotions and how to express them well
- Play Ellen's Emoji Exploji an app you will need to download.

## Discussion



- Why do we need emotions?
- What would the world be like without emotions? Are there good or bad emotions?
- What is emotional awareness? How emotionally aware do you think you are?
- What can make you lose control of your emotions?
- What happens when you lose control of your emotions?
- What can you do to manage how you are feeling?
- Are there any early warning signs that might help you manage your emotions? - How can you make yourself feel happier day-to-day?

## Activity



### You will need:

Good quality balloons // dry beans or pulses (e.g. lentils, mung beans) // plastic bottle // scissors

### How to make them:

1. Cut the plastic bottle in half, keeping the neck of the bottle
2. Attach the balloon to the bottle neck and pour in the beans, using the bottle as a funnel
3. Fill the balloon enough so it fits in the palm of your hand
4. Remove the balloon and tie it, making sure all the excess air is removed
5. Chop the end off another balloon and stretch it over the top of the stress ball to avoid leaks

## Bible Bit...



### Read 2 Corinthians 10:5

- Emotions often start with thoughts - how do you take a thought captive?
- What does it mean to "make it obedient to Christ"?
- How can you fill your thoughts and therefore emotions with things that Jesus would want you to think and feel?



### Read James 1:2

- Why do you think Jesus tells you to be joyful even if things aren't good?
- How can you take captive your negative emotions and try and consider some things joy instead?

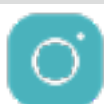
## Prayer



Pray for our emotions and thoughts and that we would control them and express them positively rather than them control us!



Can you post anything on Facebook about what you've learnt today?



Can you post a picture on insta representing what you've done today?



Can you post anything on Snapchat about what you've learnt today?

## SESSION INFO FOR LEADERS:

Emotional response is a vital part of being human. Feeling emotions helps us to take information from what we are experiencing around us and how to react to it.

It may feel like emotions can be positive (happy, excited, contented) or negative (sad, angry, frustrated), but actually it's important to feel and understand emotions that make you feel both good and bad.

Feeling emotions and learning to experience them are the first steps towards emotional awareness. If you are able to understand what emotion you are feeling and how you normally react to that emotion, you will be able to develop coping strategies more effectively.

Being more emotionally aware can help you develop who you are and how you relate to other people. For example, if you are more aware that certain situations might make you feel angry, you can manage how you are feeling and develop strategies to avoid those situations.

In order to be a resilient person and bounce back from challenging situations, it is important to develop some level of emotional awareness, as it will help you to deal with the challenges you face and allow you to come out of them feeling okay.

Keeping control of your emotions day-to-day can be a real challenge for many people. Often life can seem very difficult and feeling 'okay' all the time can seem like a struggle. However, if you can find ways to manage how you feel and know your moods a little better, you may find life a little easier.

There are many situations that might make people feel angry/excited/nervous/frustrated and these strong emotions can sometimes mean that we say or do things that are harmful to ourselves or people around us. When we lose control of our emotions, it can be traumatic and make us feel emotionally drained. However, most people can become aware of what experiences or situations might make them feel very strong emotions. It could seem like a good idea to avoid those situations, but this may cause problems in the future. It is important to tackle things that make you feel intense emotions, but with the right support and frame of mind.

Ideas to manage how you are feeling:

Get active / take control of the situation, if you can / have some 'me time' / distract yourself by learning a new skill / share what you are feeling with your friends / eat some healthy food / sleep / volunteer / get organised / think positive

The Activity:

Everyone experiences stress in one way or another, whether it's from your home life or your work life, these stress balls are a good way to manage your stress in a positive, non-harmful way. Just squeeze to release your tension!

Chat as you do it about the discussion questions or some of the bible passages.