



### 13. BE THE SUNSHINE

**What You Need:**

- Craft Page 4 (included with this lesson)
- Cardstock
- Yellow cupcake liners (enough for class)
- Glue sticks
- Crayons

**What You Do:**

- Copy Craft Page 4 onto cardstock (enough for class)

**CRAFT****Craft Instructions:**

- Children will color page
- Glue the Yellow Cupcake Liner onto Craft Page 4 where indicated

**What You Say:**

We have been talking today about anger. Everyone gets angry but it is what do you do when you get angry. Some people get mad and scream and throw a temper tantrum. When you see someone angry and throwing a fit you don't really want to be near them. You certainly don't want to go play with them.

When you get angry remember that you are the boss of you and you can choose to not get angry and blow up. You can choose to take a deep breath, take a walk, color a picture or ride our bike. We can do something to move ourselves away from what makes us angry and sin not. We can choose to be our own boss.

So our craft today says this, "I will be the Sunshine not the clouds." What does this mean?

It means that instead of getting angry when someone crosses our boundary we can choose to be happy instead. We don't need to blow our stack and be an angry cloud on someone's day. We can be the Sunshine instead.

**BOTTOM LINE:** Don't let anger control you.

**MOTIONS:** Don't (shake your index finger from side to side) let anger (make an angry face) control (act like your are playing a video game with an invisible controller) you (point to kids).

**GOD'S WORD SAYS:** Ephesians 4:26 NLT

**MOTIONS:** Be (buzz around like a bee) Angry (make an angry face) & Do Not (shake your index finger side to side) Sin