



# *Konnect*

Emotions  
WEEK 3

## Week 3: What Do I Do When I'm Mad?

It's OK to feel mad, but it's not OK to sin because you're mad. Ask God to help you calm down. If you're angry with someone, forgive them. Then you can make a better choice.

10,000  
POINTS

### Complete this activity with your family!

Read each choice. If it's godly, circle the happy face. If it's sin, circle the mad face.



Ask God to calm me down



Call people names



Pray for people who hurt me



Forgive others



Yell at people



Hit others

### Say this week's point from memory!

If I'm angry and I want to fight, God can help me do what's right.

### Say this week's Bible verse from memory!

**Ephesians 4:26 NIRV** ... "When you are angry, do not sin." Do not let the sun go down while you are still angry.



### Complete this Bible Plan with your family!

**Dealing with Feeling**

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