

Supplies

- 12-inch squares of soft, solid-colored fabric (1 per child)
- fiberfill (1 handful per child) (available in craft stores)
- markers



Talk About People Who Comfort

Sometimes when we're angry, we hurt people around us like Cain did. But today we're learning that we don't hurt others. We need to find a different way to get out the anger so we don't hurt anyone. One way to get our anger out is to share our angry feelings with someone. That can help us feel better.

Make Stress Helpers

God gave us special people we can talk to when we're angry, and we can talk to God, too. We can even *make* something to help us with our anger.

- Give each child a piece of fabric and some markers.
- Encourage kids to decorate the fabric, especially in the center.
- After kids have finished coloring the fabric, help each child place a handful of fiberfill in the center and gather it together. Tie the 1-inch strip around the center to hold it all together.

When we're angry, we need to get those angry feelings out. We can talk to God about our feelings—he's always there to help us. We can also talk to our parents and friends, or we can squeeze our stress balls. If we talk about our angry feelings, it can help us feel better, and then we don't hurt others when we're angry.