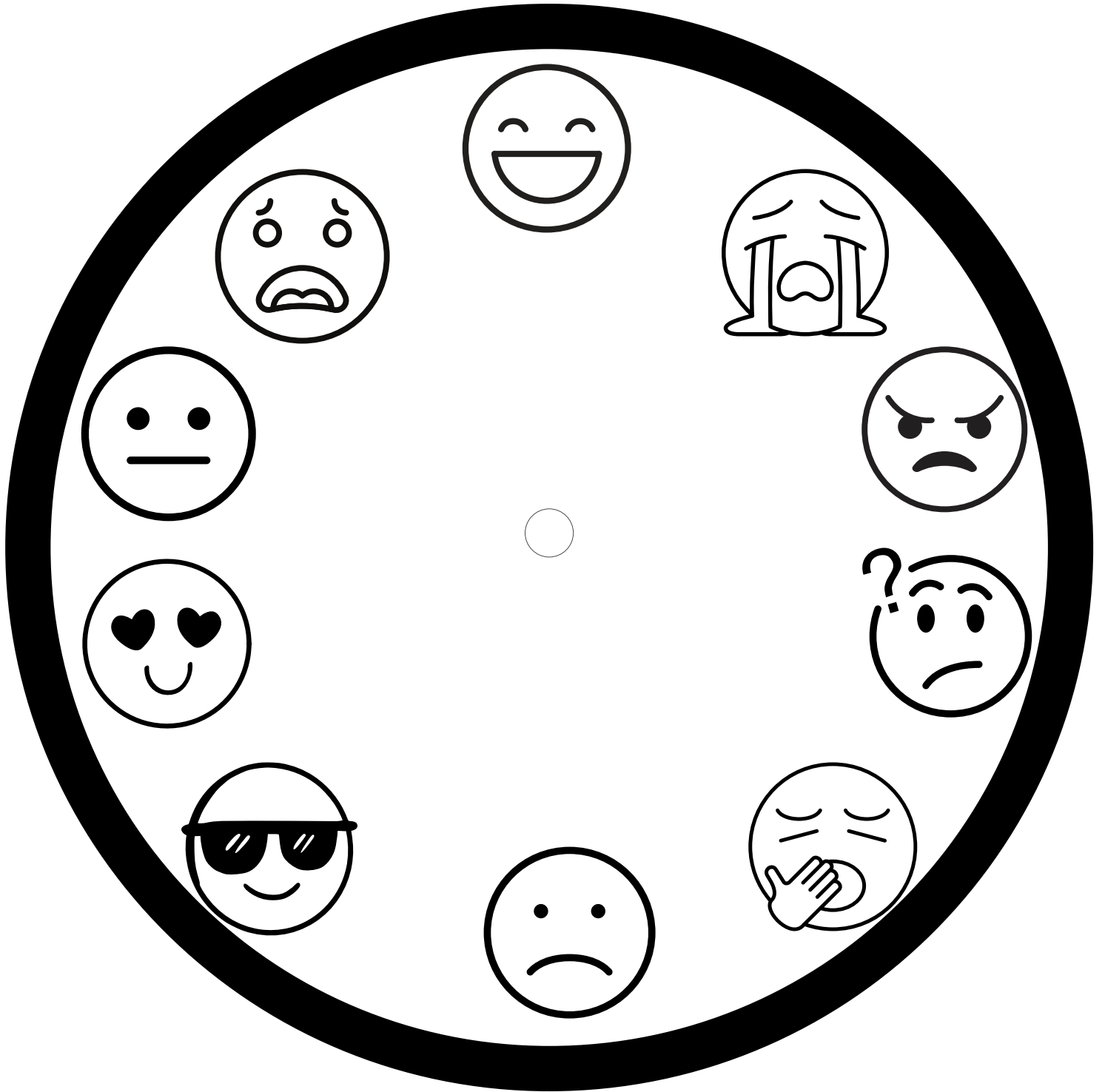
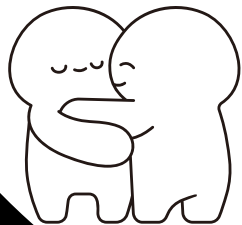
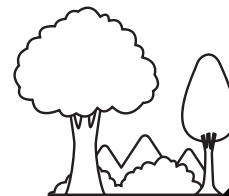
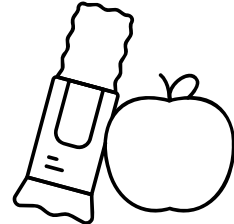
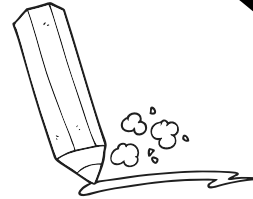


Today I feel . . .



# Today I need . . .

LET'S  
TALK





## Scripture to Read:

- Genesis 1:26-31
- Ecclesiastes 3:1-11



Help your kids express their emotions and communicate what they need with this emotion clock. Cut out the arrows and attach them to the appropriate clock with a fastener or laminate the pages and allow your kids to draw their own arrows with a dry erase marker. Use this as a daily check-in or post it on the refrigerator and let your child use it when needed.

Remind your child that being created in the image of God means being created with emotions and the ability to express them! When sin entered the world, it impacted the acting out of our emotions, but emotions, in and of themselves, are not sinful. Instead, emotions are reflections of God's image in us!

Questions to discuss with your child:

- What emotions do you see displayed in Scripture?
- Which emotions are easier for you to recognize as reflecting the image of God? Which emotions are harder?
- Why do you think God created us with the ability to experience and express emotions?

Prayer ideas:

- Spend time thanking God for each emotion he created!
- Ask God to help you express your emotions in ways that bring Him glory