

Expressing Emotions



EXPRESSING EMOTIONS



This Week's Verse:

I will be glad and rejoice in your love.

Psalm 31:7

Value the role emotions play in our lives. Remember, God has them, too. Help your child know how to express his or her emotions. We can't be happy all the time. Be sad when your child is sad; be happy with her when she is happy. When your child is frustrated, don't say, "It's easy" say, **Keep trying—you're getting it.**

Try This:

: I tell my kids we have lots of reasons to celebrate. I might say, **Look at that pretty sunset God made. Let's clap for God!** and we do. Or if it starts snowing, we run outside and do a little dance or jump around and run back in and thank God for all the good things that grow because of snow and rain.