



**February 14, 2021**  
**Preschool Sunday School**  
**At-Home Lesson**

### **Jesus Teaches about Anger**

One day Jesus was teaching a crowd of people. He explained how to treat others with LOVE and RESPECT.

“Do not call others names,” Jesus said. He explained using unkind names hurts people’s feelings. Jesus continued, “If you are angry with someone, talk to them about your feelings, work out the problem, and forgive one another. Forgiveness is LOVE.”

The people nodded, listening to what Jesus was saying.

“Treat family members and friends politely and kindly.” Jesus said. “Kindness and respect are very important! Always use God’s name respectfully too. Use it only for worship and praise! God’s name is special.”

Wow! Jesus had great things to tell people. How wonderful the world would be if everyone followed Jesus’ words!

### **Scripture: Matthew 22:37-39**

Jesus answered, “Love the Lord your God with all your heart, soul and mind.” This is the first and most important command. And the second command is like the first: “Love your neighbor as you love yourself.”

### **Family Discussion:**

What makes you angry? Make an angry face in the mirror. How do you deal with anger?

Here are some ways to cope with anger:

1. Create a calm down kit. Fill it with crayons and coloring pages. Use a tactile toy for a few minutes.
2. Play soothing music and take a few deep breathes
3. Go into the backyard and hug a tree
4. Give yourself a time out to cool down
5. Share your feelings in a journal or with a loved one

**Dear God,**  
**Thank you for loving us and**  
**commanding us to love others as we**  
**love ourselves.**  
**We promise to always respond**  
**with love to all!**  
**Amen**