

Discussion Questions

5-6 Grade



Jan. 13-19, 2021

Bottom Line

Emotions don't have to be the boss of you.

Scripture

Mark 7:20-23; Matthew 11:28

Icebreaker

Name as many different colors as you can?

Discussion

1. What is one emotion you would say you had today?
2. On a scale of 1-10 how comfortable are you talking about your emotions?
3. Have you every gone to some about your emotions? Did it help?
4. Why is hard to ask to ask for help with our emotions?
5. What is one step you can take this week to not let your emotions control you?

Activity

Going around your group or family, name as many feelings as you can as quickly as possible. Each person will have 3 seconds to name a feeling that no one has already called out. If a someone can't name a feeling that someone else hasn't, they're out.