I Will Stay Calm When I Am Angry!

From Great Race Jr. Lesson 8

LEADERSHIP TRAIT - SELF CONTROL
Great leaders are not ruled by their emotions.

LEADERSHIP LESSON
Your children will learn that they should stay calm when they get angry.

LEADERSHIP STORY
Nehemiah stays calm when he's angry. *(Nehemiah 4)*

MEMORY VERSE
Help your children memorize this verse.
"So let's not get tired of doing what is good." Galatians 6:9a (NLT)

Materials Needed:
- A Bible
- The Leadership Video - *I Will Stay Calm When I Am Angry*
  (Filename: Elevate_SELF-CONTROL_GRJr_L8_IWillStayCalmWhenIAmAngry.mp4)

First:
Read the Leadership Story to your children. The Leadership Story for this lesson is when Nehemiah stayed calm and is found in Nehemiah 4:1-5, 14-18.

Next:
Let your children watch the Leadership Video, *I Will Stay Calm When I Am Angry*, with your family.

Then:
Ask your children the Child Leadership Questions, and lead your family through the Optional Family Activity.

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CONTINUED

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Child Leadership Questions:

1. What job did Nehemiah have in the Story Video?
   (Rebuild the wall around the city of Jerusalem.)

2. Some men were angry that Nehemiah was rebuilding the wall. What did they do to Nehemiah?
   (They made fun of him.)

3. Did Nehemiah get angry or stay calm when he heard the things the men were saying?
   (He stayed calm.)

4. The men still were angry and wanted to attack Nehemiah. What did Nehemiah do then?
   (He stayed calm and prayed to God.)

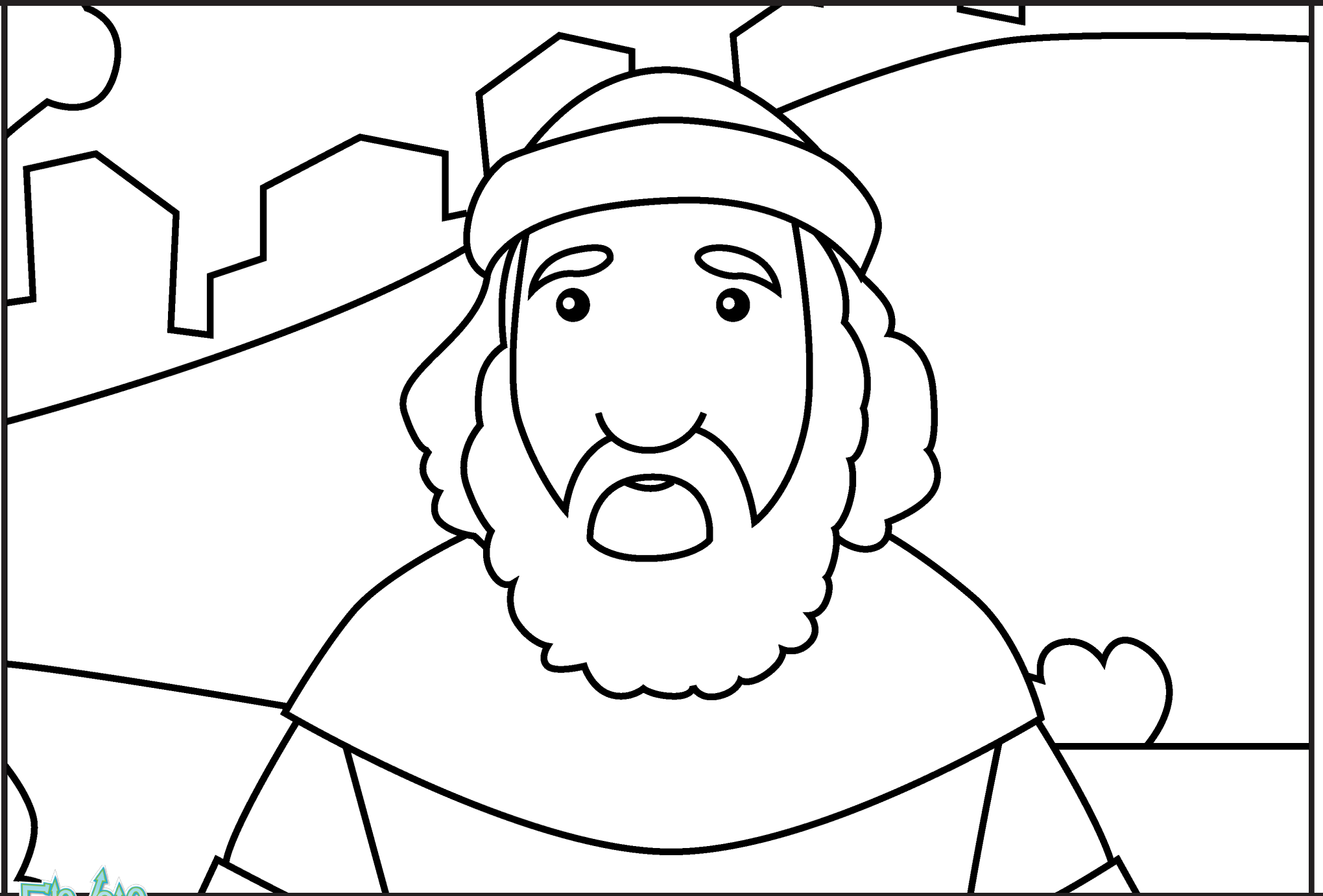
5. What should you do when you feel angry?
   (Stay calm.)

OPTIONAL FAMILY ACTIVITY: KEEP CALM

Work together as a family to make a "How To Stay Calm" poster. Come up with four to five ways to stay calm and include those on the poster. *(Examples: Take 3 deep breaths. Count to 10. Walk away. Sing a song.)* Find or draw a picture that reminds everyone of each of these ways to stay calm and put it on the poster. Place the poster in a prominent place in the house so you can point it out when you see someone getting angry. Pray each day and ask God to help you stay calm when you get angry.

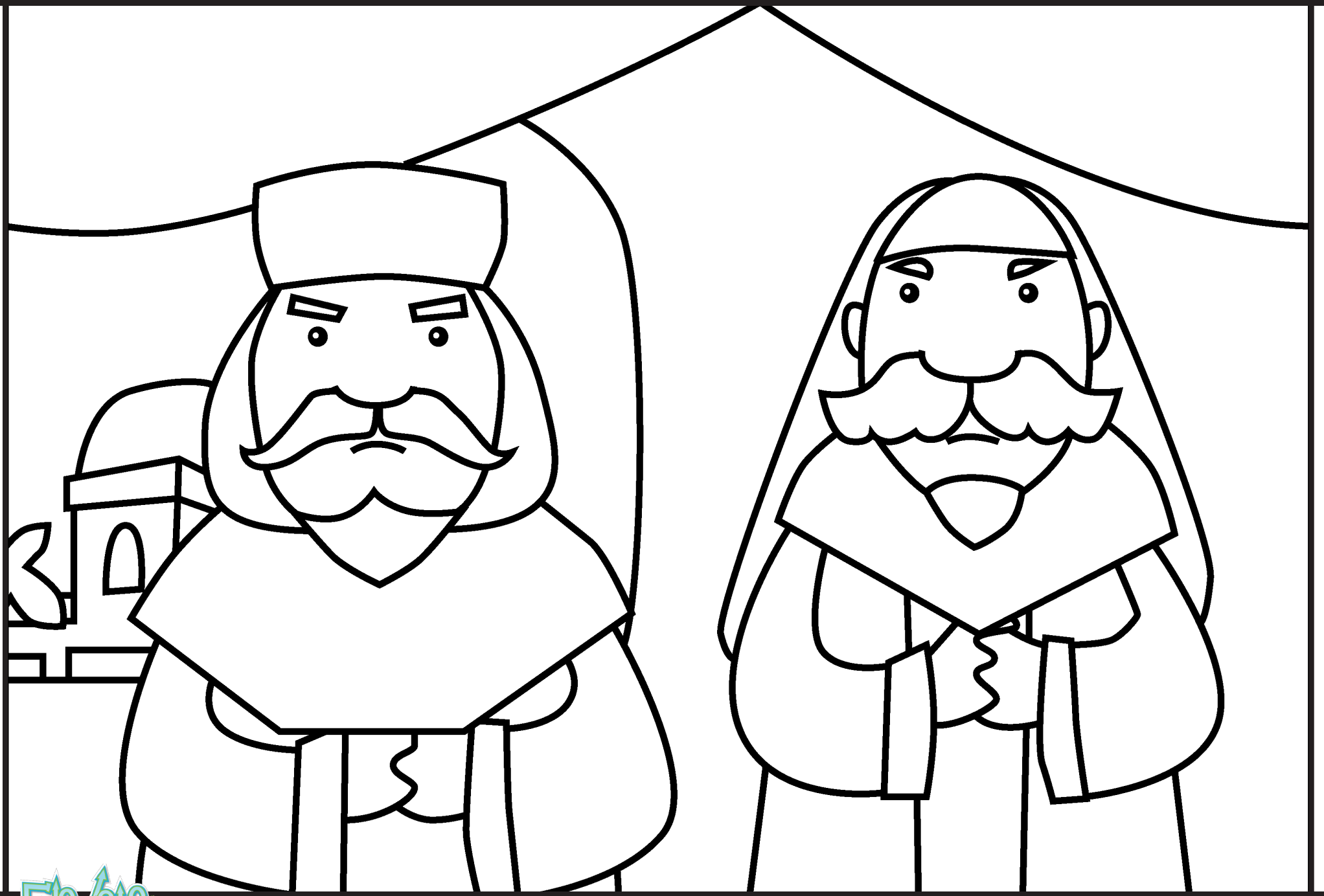
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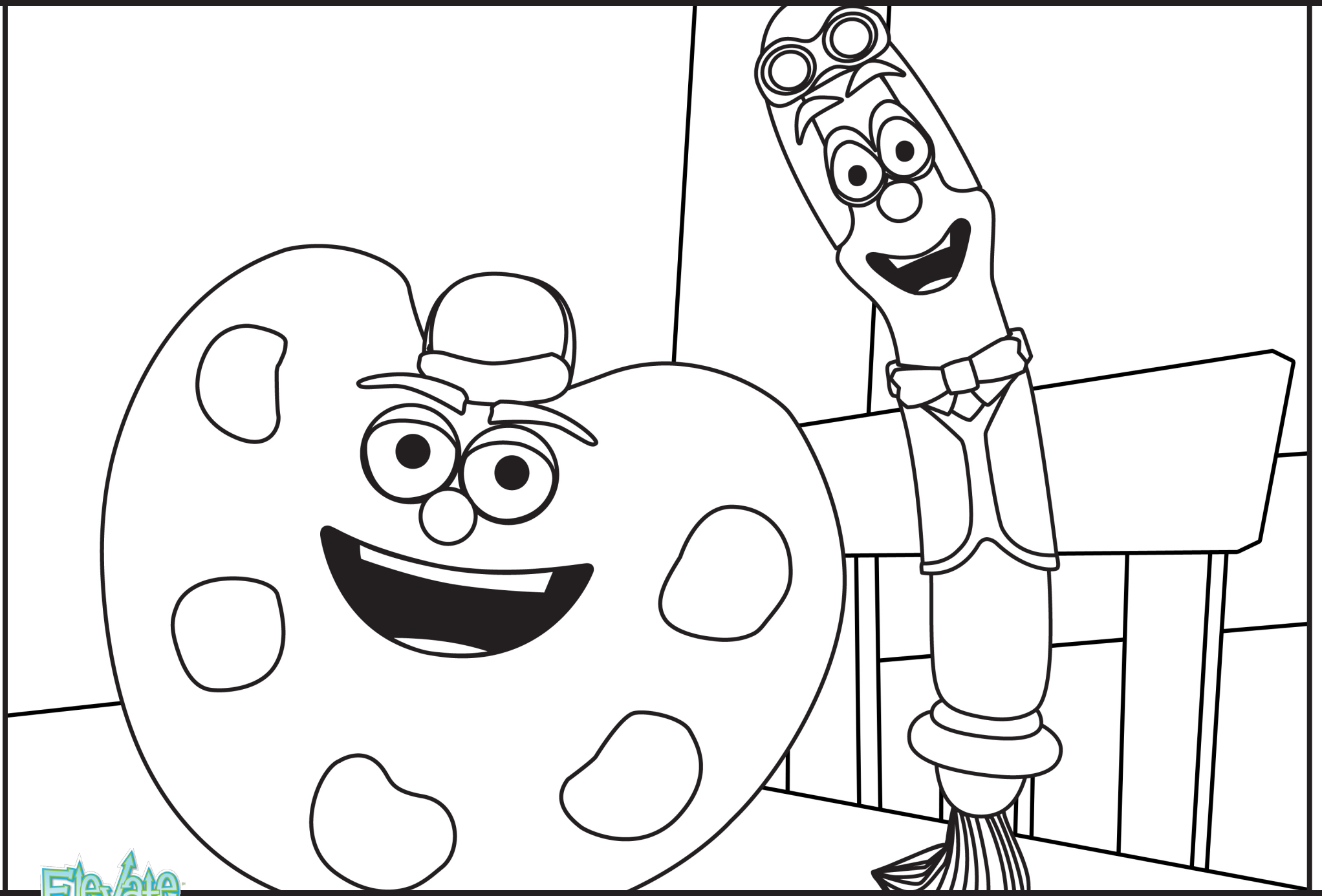
Nehemiah was rebuilding the wall of Jerusalem. (Nehemiah 4)

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Some men did not want Nehemiah to build the wall. (Nehemiah 4)

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