

## Ark and Little lights 13/2/21

Hello parents,

Do you ever get jealous? I can remember when I was nursing and you might express a good idea to someone whilst working. they then took it to a meeting and expressed it as their own idea. Gosh that used to cheese me off.

At the moment I think many of us are feeling many emotions especially for parents trying to home school, or those worried about money or angry or depressed. God understands our emotions and I am sure empathises with them.

We have examples of Jesus getting angry, feeling sad, even being impatient with his daft disciples, so why would God not understand? He is journeying with us through the ups and downs and I'm sure smiles when we are kind

<https://youtu.be/feZcikDSi3U>



## Emotions cups



Place two cups one inside the other.

On the inside cup you have a happy face on one side and a sad face on the other side, drawn or cut out from a picture. on the outer cup you cut a round hole the size of the faces.

Then you can twist the inner cup round with either face to show through the hole. if your child is feeling sad, show the sad face and if happy, show the happy face -you could have a few of these with different emotions and then show the child how they might be feeling according to their mood.

Discussion of emotion is very healthy. It is normal to feel a whole range of emotions and understanding why they occur is the first step to control.

Have a good week  
with love

Catherine Ark and Little lights

