A series of resources designed specially for...



## I CAN TALK TO GOD WHEN I FEEL...



faithmkids

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Toddlers: I can talk to God when I feel...

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'All for the glory of God alone' (1 Corinthians 10:31)

# I CAN TALK TO GOD WHEN I FEEL... Overview





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'I can talk to God when I feel...' is a toddler teaching series that helps young children to see that we can talk to God when we feel lots of different emotions.

Using stories from both the Old and New Testaments, children will see that God wants us to talk to him when we feel happy or sad, worried or thankful, and that we can be sure that God is listening and cares.

#### There are **6 sessions** in the series:





I CAN TALK TO GOD WHEN I FEEL HAPPY

Exodus 14:21-31





I CAN TALK TO GOD WHEN I FEEL LONELY

Psalm 142:4-5





I CAN TALK TO GOD WHEN I FEEL SCARED

Daniel (





I CAN TALK TO GOD WHEN I FEEL WORRIED

Matthew 6:25-34





I CAN TALK TO GOD WHEN I FEEL SAD

1 Samuel 1





I CAN TALK TO GOD WHEN I FEEL THANKFUL

Luke 17:11-19

## Each session is split into 4 sections:



## **Story Time**

A chance to open God's word simply and apply the teaching to the toddlers' lives in a creative and engaging way.



## Activity

A suggested hands-on activity to help toddlers explore the theme of the session in a fun and game based way.



#### Songs

A time to sing and dance, including a suggested series song to play each week and suggested nursery rhymes relating to the theme of the session.



## Craft

A time to get messy and creative! We have provided instructions and templates where necessary.





## SESSION 1





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Exodus 14:21-31



## **Story Time**

## God saves the Israelites from slavery Exodus 14:21-31

<b>What to Say</b>	← What to Do
Did you know that God always wants us to talk to him, however we are feeling? If we are happy, sad, scared, excited - we can talk to God.	
Today we're going to hear how we can talk to God when we feel happy.	
Can you all show me a happy face?	
When we are happy we might smile or our body might want to dance.	
What makes you happy?	
I'm happy when someone gives me a big hug.	A volunteer gives you a big hug.
Or when I get to eat my favourite food, ice cream.	Have a bowl and spoon, pretend t eat and smile/make happy noises
What makes you happy?	Invite answers from children & ad
Our Bible story today is from a long time ago when God's people were living in a land where they were slaves. They were forced to work very hard and they weren't looked after very well. They were very sad.	
Can you show me a sad face?	
The people prayed to God, asking him to save them so they wouldn't be slaves anymore.	Kneel, hands together pretending to pray to God.

continued →





99 What to Say	← What to Do
God saved his people. He made a big sea move so that his people could walk through the middle of the sea on dry ground to escape.	Show a picture of the red sea parting and God's people walking through on dry ground.
God's people were so happy that he had saved them.  They jumped up and down and did a big dance. They sang to God and talked to him in prayer, telling God how happy they were that they weren't slaves anymore. They knew that they could talk to God when they felt happy.	
Can everyone jump up and down and dance to show how happy the people felt.	Jump up and dance with the children.
When we feel happy we can also dance and talk to God, just like God's people did in our story.	
You can talk to God when you are happy that you've read a great story or had a nice cuddle. You can talk to God when you are happy that there are sausages for dinner. You can talk to God whenever you feel happy and tell him why you are happy.	
We're going to pray and thank God that we can talk to him when we feel happy. Do say Amen at the end with me if you'd like to.	
Dear God, thank you that we can talk to you when we feel happy and tell you about the things that make us happy.  Amen.	



## Stand up if... makes you happy

What to do: Repeat the phrase 'Stand up/jump/wave your hands if....makes you happy! Change the action at the start and the item/words in the middle of the phrase each time. Possible items could be: eating ice cream, hugging your friend, watching spiders, tractors, eating broccoli...







**THEME SONG** 

#### I can talk to Jesus: J is for Jesus

by Emu music



#### To the tune of 'If you're happy and you know it...'

(whenever you say 'pray to God', put your hands together as if praying)

If you're happy and you know it, pray to God,

(Use your fingers to trace a big smile over your lips)

If you're happy and you know it, pray to God,
If you're happy and you know it and you really want to show it,
If you're happy and you know it, pray to God.

#### Subsequent verses to say:

If you're scared and you know it, pray to God...

(Use your hands flat to cover your eyes)

If you're sad and you know it, pray to God...

(Use your fingers to trace tears down from your eyes)

If you're lonely and you know it, pray to God...

(Show thumbs down)

If you're worried and you know it, pray to God...

(Put your fists over your mouth and look worried)

If you're thankful and you know it, pray to God...

(Show thumbs up)



## Craft

## Dancing/happy ribbons

You will need: Stick/toilet roll tube, masking tape, lengths of ribbon/thin strips of paper.

What to do: Attach the masking tape (around 30cm) to a table by folding over the ends and sticking it to the table. Children place ribbons/thin strips of paper along a long length of masking tape to create a fringe. Once completed, wrap the masking tape around the end of a stick/toilet roll tube to create your dancing ribbon accessory. Children can now dance like God's people to show how happy they are.









## SESSION 2





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## I CAN TALK TO GOD WHEN I FEEL SCARED

Daniel 6



## **Story Time**

## Daniel and the lions Daniel 6

You will need: Toy figure to be Daniel, toy lion, volunteer to say a sentence, box big enough to hold the toy Daniel and the lion.

99 What to Say	← What to Do
We have been hearing that we can talk to God however we are feeling. Today we're going to hear that we can talk to God when we feel scared.	
We might feel scared when we are in a place we don't like or when we are near something that we don't like.  Can you show me your scared face?	Show a scared face.
Now, show your scared face if you think:	
<ul><li>Ducks are scary!</li><li>Spiders are scary!</li><li>Snakes are scary!</li><li>Lions are scary!</li></ul>	
Different things can make people feel scared. Some people feel scared when they are on their own, or when it's dark.	
In our Bible story today we meet Daniel who lived a long long time ago.	Hold up a play figure to be Daniel.
Daniel loved God a lot, and he loved talking to God in prayer. One day, the King said that anyone who prayed to God would be thrown into a room with lots of hungry lions!	Hold up a toy lion.





What to Say	← What to Do
Do you think Daniel stopped praying to God? NO! So Daniel was thrown into a room full of lions! He must have been very scared that the lions would eat him up for their dinner.	Volunteer holds a box. Put the toy lion and Daniel inside and close the lid.
Daniel was in the room with the hungry lions for the whole night!	
Daniel loved praying to God and talking to him about everything. He would have talked to God about how scared he was that there were hungry lions all around him.	
Do you think he was eaten? Let's check.  Volunteer holding the box calls out, "Daniel, are you still there?"	Volunteer holding the box to say Daniels's words.
Daniel replies from inside the box "Yes! God sent an angel to look after me so that the lions wouldn't eat me."	
Wow! Just like Daniel, we can talk to God when we feel scared. And God will listen because he loves us.	Take Daniel out of the box.
We're going to talk to God now in prayer and thank God that when we feel scared we can talk to him. Do say Amen at the end with me if you'd like to.	
Dear God, thank you that Daniel knew he could talk to you and knew that you were with him when he felt scared. Thank you that we can talk to you and know you are with us when we feel scared. Amen.	



## Find the scared dog

You will need: Toy dog (or any toy animal of your choice), blankets, boxes, places to hide the toy dog.

What to do: While the children have their eyes closed, hide the toy dog. Tell the children that your dog Buster is really scared so he is hiding somewhere. Can we find him and show him he doesn't need to feel scared because we will look after him. Children hunt for the dog. When the dog is found say, "Well done, you found Buster hiding under/in the .... because he was so scared. Don't be scared Buster, we are with you just like God is with us."







**THEME SONG** 

## I can talk to Jesus: J is for Jesus

by Emu music



#### To the tune of 'If you're happy and you know it...'

(whenever you say 'pray to God', put your hands together as if praying)

If you're happy and you know it, pray to God,

(Use your fingers to trace a big smile over your lips)

If you're happy and you know it, pray to God,
If you're happy and you know it and you really want to show it,
If you're happy and you know it, pray to God.

#### Subsequent verses to say:

If you're scared and you know it, pray to God...

(Use your hands flat to cover your eyes)

If you're sad and you know it, pray to God...

(Use your fingers to trace tears down from your eyes)

If you're lonely and you know it, pray to God...

(Show thumbs down)

If you're worried and you know it, pray to God...

(Put your fists over your mouth and look worried)

If you're thankful and you know it, pray to God...

(Show thumbs up)



### Craft

## Make a lion mask

You will need: Paper plate, glue, strips of yellow/orange paper, scissors, lollipop stick, sellotape.

What to do: Before the session: Cut out eye holes that children can look through, draw on the nose, whiskers and mouth, and attach the lollipop stick to the bottom using sellotape. During the session, children add strips of paper to be the lion's mane.













## I CAN TALK TO GOD WHEN I FEEL SAD

1 Samuel 1





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## **Story Time**

## Hannah prays to God 1 Samuel 1

You will need: Cuddly toy, volunteer to play Hannah with a shawl to wear.

What to Say	←→ What to Do
Today we are going to hear that we can talk to God when we feel sad.	
Can you show me a sad face? Sometimes when we feel sad we might cry.	
There are lots of different things that can make us feel sad.	
You might feel sad when	
<ul> <li>Mummy or Daddy are out but you want to give them a hug.</li> <li>You've fallen over and hurt your knee.</li> <li>You can't find your favourite toy.</li> </ul>	<ul><li> Hold up empty arms.</li><li> Pretend to fall down and hold your knee.</li><li> Hold a cuddly toy.</li></ul>
When we feel sad we can talk to God. He knows that we are feeling sad and he wants to help us to feel better because he cares for us and loves us.	
In our story today we meet a lady called Hannah. Hannah lived a very long time ago. Hannah was sad because she didn't have any children.  Can you show me your sad face again?	Volunteer to play Hannah looking sad.
Carryou snow me your sau race again:	
One day Hannah went to the temple, it was her church. When Hannah was there she prayed.	Hannah kneels down and puts her hands in a prayer position.
Let's put our hands together like Hannah did as she prayed.	
Hannah told God how sad she felt.	







What to Say	← What to Do
After she had finished praying, Hannah did not feel sad any more, she knew that God understood how she felt. He loved her and had heard her prayer.	Hannah stands up. Hannah smiles and waves goodbye. She walks off.
In our story today, when Hannah was sad, she talked to God about how she was feeling. Even knowing that God was listening to her helped her to feel happier.	
Just like Hannah we can talk to God when we are feeling sad and what has made us feel sad.	
You can talk to God when you feel sad that you've fallen over and hurt your knee. You can talk to God when you feel sad that you can't go to the park because it is raining really hard.	
When we talk to God about how sad we are feeling we often start to feel happier because we know that God cares for us and is listening to us.	
We are going to pray now and thank God that we can talk to him when we feel sad. Do say Amen at the end with me if you'd like to.	
Dear God, thank you that when we feel sad we can talk to you about how we are feeling. Thank you that you listen and care. Amen.	



## Teddy needs a hug

You will need: A stuffed animal (Teddy).

What to do: Pretend a stuffed animal (Teddy) is sad. Say, "Oh no, Teddy is feeling sad! How can we help?" Encourage the children to give Teddy a hug, sing a song, rock Teddy to sleep, or pray to God, telling him that Teddy is sad and asking him to help. Praise their efforts: "Teddy feels so much better!"







**THEME SONG** 

## I can talk to Jesus: J is for Jesus

by Emu music



#### To the tune of 'If you're happy and you know it...'

(whenever you say 'pray to God', put your hands together as if praying)

If you're happy and you know it, pray to God,

(Use your fingers to trace a big smile over your lips)

If you're happy and you know it, pray to God,
If you're happy and you know it and you really want to show it,
If you're happy and you know it, pray to God.

#### Subsequent verses to say:

If you're scared and you know it, pray to God...

(Use your hands flat to cover your eyes)

If you're sad and you know it, pray to God...

(Use your fingers to trace tears down from your eyes)

If you're lonely and you know it, pray to God...

(Show thumbs down)

If you're worried and you know it, pray to God...

(Put your fists over your mouth and look worried)

If you're thankful and you know it, pray to God...

(Show thumbs up)



#### Craft

## Spinning sad to happy face

You will need: Paper plate, facial feature shapes to stick on (eyes, nose, ears) or facial features drawn on to the plate, simple semi-circle mouth cut out of red card, split pin, glue, tissue paper.

What to do: Add the facial features to the paper plate to make a face (or colour in the facial features drawn on). Add hair using the tissue paper and glue (the tissue paper can be in strips or scrunched up). Add the mouth by piercing through the middle of the mouth and the plate using the split pin. The mouth can then spin from sad to happy.













Psalm 142:4-5





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## **Story Time**

## David in the cave hiding from from his enemies Psalm 142:4-5

You will need: Blanket, toy, chairs, volunteer to act as David.

<b>9</b> What to Say	← What to Do
Today we are going to hear that we can talk to God when we feel lonely.	
We might feel lonely if we are on our own, maybe at night when you are in bed on your own and awake! Maybe when no one wants to play with you.	Lie down with a blanket on top, eyes wide open. Hold up a toy towards a
Sometimes we feel lonely even if other people are there.  What do you do when you feel lonely? You might go to find someone to play with or have a hug.	volunteer who shakes their head, you look sad.
In our story today we meet a man called David who was feeling very lonely. Let's find out why he was feeling lonely and what he did.	
You might have heard another story about David. Once, he fought a giant called Goliath and won. In today's story, David was trying to hide from his enemies who wanted to hurt him!	Volunteer to be David
David decided to hide in a cave. It was really dark and David felt very lonely. What did David do? He couldn't go out of the cave to find his friends in case his enemies found him.	Create a cave with chairs with a blanket on top.  David to act praying to God with
Instead David prayed and talked to God about how he was feeling.	hands together.

continued -





What to Say	← What to Do
"Dear God, my enemies are trying to find me so they can hurt me so I am hiding in this cave. I feel all alone, but I know that you are with me listening to me talk to you."	David to say this prayer.
David told God how alone he felt with his enemies trying to hurt him. But David knew that he wasn't really on his own because God was with him, listening to him pray.	
We can remember that too. When we feel lonely we can talk to God and remember that he is with us wherever we are so we are never truly alone.	
We are going to pray and thank God that we can talk to him whenever we feel lonely. Do say Amen at the end with me if you'd like to.	
Dear God, thank you that when we feel lonely we can talk to you just like David did. Please help us to remember that you are always with us so we don't need to feel alone. Amen.	



## **Hide and seek**

You will need: Some blankets, other places to hide in your space.

What to do: Tell the children how to play hide and seek - you may need some more adults to help. Encourage children to hide under the blankets, behind chairs or in other safe places in the room. Play multiple times, inviting different children to do the seeking each time.







THEME SONG

#### I can talk to Jesus: J is for Jesus

by Emu music



#### To the tune of 'If you're happy and you know it...'

(whenever you say 'pray to God', put your hands together as if praying)

If you're happy and you know it, pray to God,

(Use your fingers to trace a big smile over your lips)

If you're happy and you know it, pray to God,
If you're happy and you know it and you really want to show it,
If you're happy and you know it, pray to God.

#### Subsequent verses to say:

If you're scared and you know it, pray to God...

(Use your hands flat to cover your eyes)

If you're sad and you know it, pray to God...

(Use your fingers to trace tears down from your eyes)

If you're lonely and you know it, pray to God...

(Show thumbs down)

If you're worried and you know it, pray to God...

(Put your fists over your mouth and look worried)

If you're thankful and you know it, pray to God...

(Show thumbs up)



#### Craft

## David hiding in a cave

You will need: Page 16 printed onto paper, colouring pens, grey stickers for rocks, cotton wool for clouds, and green pieces of paper for leaves on the trees, glue.

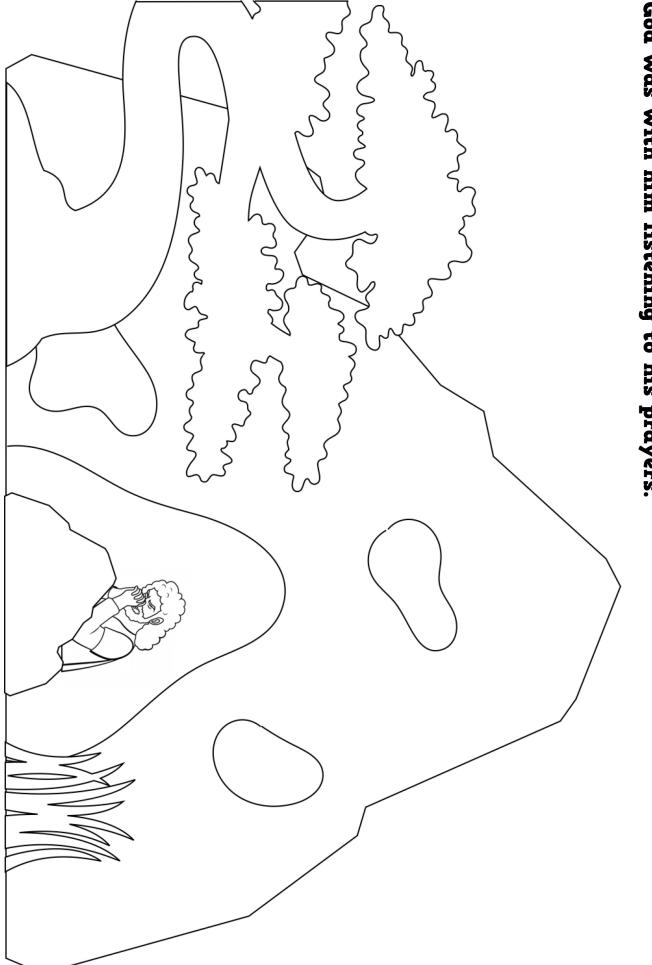
What to do: Decorate the picture with colouring pens, adding extra rocks with the grey stickers, cotton wool for clouds and green pieces of paper for leaves on the trees.







David talked to God when he felt lonely. God was with him listening to his prayers.







## SESSION 5





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# I CAN TALK TO GOD WHEN I FEEL WORRIED

Matthew 6:25-34



## **Story Time**

## Do not worry Matthew 6:25-34

You will need: A volunteer you can hug, a cuddly toy, a ball, a volunteer to say Jesus' words, a bird feeder (an example from the activity below), some flowers (an example from the craft below).

What to Say	← What to Do
We have been hearing over the last few weeks that we can talk to God when we feel happy, or sad, or scared.  Today we're going to hear that we can talk to God when we feel worried.	
<ul> <li>When we feel worried:</li> <li>Our tummies might feel very strange, all jiggly inside</li> <li>Our legs and hands might want to move all the time</li> <li>We might want to have a hug from someone we trust</li> <li>Or we might want to ask lots of questions</li> </ul>	<ul><li>Squirm holding your tummy.</li><li>Move feet and hands.</li><li>Give someone you know a hug</li></ul>
There are lots of different times when we might feel worried:	
<ul><li>When we can't find our favourite cuddly toy.</li><li>When we go to a new place.</li><li>When we are being left at our nursery or childminder</li></ul>	<ul><li>Hold up a cuddly.</li><li>Look around with anxious eyes</li></ul>
<ul> <li>on our own.</li> <li>When we think something might happen that we don't want to happen.</li> <li>Or when we think our friend doesn't want to play</li> </ul>	Point to your head.  Hold a ball.
with us.	- Hold a ball.

continued -





What to Say	← What to Do
In our story today, Jesus is speaking. He says:	
"Don't worry about food or clothes. Look at the birds— God gives them food! Look at the flowers—God makes them so pretty!"	Get a volunteer to say Jesus' words.
"But, you (name some children/adults in your group) are more important than birds and flowers. Do not worry about what you will eat or what you will wear, because God cares for you more than the birds and flowers."	Hold up a bird feeder (from the activity). Hold up some flowers (from the craft below).
We do not need to worry because God knows what we need and will take care of us every day.	
God knows that sometimes we still worry about things. He says that when we feel worried we should talk to him, because he loves us and cares for us. He will help us not to feel worried anymore.	Nod your head in a knowing way.
We are now going to talk to God in prayer, thanking him that we can talk to him when we feel worried. Do say Amen at the end with me if you'd like to.	
Dear God, thank you that when we feel worried we can talk to you because you love us and care for us and you know what we need. Amen.	



## Make a bird feeder

**You will need:** Oranges, gelatine, hot water, bird seed, string, skewer, sharp knife.

What to do: Before the session, prepare your oranges by cutting them in half, scooping out the middle and attaching the string to both sides - make a little hole in each side of the orange half with the skewer, thread string through and knot the string to create a hanging basket. As you start the session mix the gelatine with boiling water as per the instructions and add bird seed until all the seeds are coated. During the session, children fill their half orange with the gelatine bird seed mixture. Leave it to one side to set.













**THEME SONG** 

#### I can talk to Jesus: J is for Jesus

by Emu music



#### To the tune of 'If you're happy and you know it...'

(whenever you say 'pray to God', put your hands together as if praying)

If you're happy and you know it, pray to God,

(Use your fingers to trace a big smile over your lips)

If you're happy and you know it, pray to God,
If you're happy and you know it and you really want to show it,
If you're happy and you know it, pray to God.

### Subsequent verses to say:

If you're scared and you know it, pray to God...

(Use your hands flat to cover your eyes)

If you're sad and you know it, pray to God...

(Use your fingers to trace tears down from your eyes)

If you're lonely and you know it, pray to God...

(Show thumbs down)

If you're worried and you know it, pray to God...

(Put your fists over your mouth and look worried)

If you're thankful and you know it, pray to God...

(Show thumbs up)



#### Craft

## Flower meadow

You will need: Cupcake cases, glue, Iollipop sticks, round stickers, paper cups, scissors.

What to do: Before the session, cut the cupcake cases to look like flowers - fold the cases in half lots of times creating a shape like a slice of pizza and cut out an arc at the outer edge, open up to see the flower shape. During the session, children stick the flower cupcake cases to one end of a lollipop stick to create petals and add a round sticker to the middle. Make a few flowers each to display in a paper cup. Add words to the outside of the cup - 'Do not worry because God knows what you need and will take care of you each day.'









## SESSION 6





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# I CAN TALK TO GOD WHEN I FEEL THANKFUL

Luke 17:11-19



## **Story Time**

## Jesus heals the 10 lepers Luke 17:11-19

You will need: Pictures (or the item) of things we are thankful for.

<b>99</b> What to Say	←→ What to Do	
Today we are going to hear that we can talk to God when we feel thankful.		
We are thankful when we want to say thank you for something.		
You might be thankful for your family, your friends, your home, your toys, the sunshine, for tractors, (name some things you know the children in your group like and are thankful for.)	Show some pictures of these or show the item.	
When we feel thankful for something, we should say thank you. Even if we are so little that we can't use words to say thank you, we can use our hands to say thank you. Let's learn to say 'thank you' together.	Show the  Makaton sign for thank you. Do it a few times saying 'thank you' as you do it.	
In our story today we meet 10 men who were not very well.		
Let's count to 10 on our fingers. 1, 2, 3,,9, 10.	Count on your fingers up	
These men had skin that was really sore and itchy. People didn't want to be friends with them because they were scared of getting ill too.	to 10.	







What to Say	← What to Do
One day these 10 men met Jesus. They cried out to Jesus to help them. 'Help us Jesus'. Jesus told them to go to the temple (their church).	
So the men started walking to the temple, but on their way suddenly their skin didn't hurt any more. When they looked at their arms, their very sore skin had gone. Jesus had made them better.	
The men would have felt very thankful. Do you think all 10 men went back to Jesus to say thank you?	Show and 1 finger
No! Only one man went back to say thank you. He knew that Jesus had made him better so he said thank you to Jesus. That was the right thing for him to do.	Show only 1 finger.  When you say 'thank you', do the Makaton sign.
We should do the same thing as this one man. When we feel thankful, we should say thank you to Jesus.	When you say 'thank you', do the Makaton sign.
We can thank Jesus for our families, our friends, our homes, our toys, our food. Next time you are thankful for something, why not say thank you to Jesus.	
We are going to pray and thank God that we can talk to him when we feel thankful. Do say Amen at the end with me if you'd like to.	
Dear God, thank you for all the wonderful things that you have given to us, like our families and our friends. Thank you that when we are feeling thankful we can tell you how we are feeling. Amen.	



## Learn some makaton

You will need: Watch the YouTube clips to learn the Makaton signs

What to do: Makaton sign for 'thank you', 'family', 'friends' and any other Makaton signs you want to learn.













**THEME SONG** 

#### I can talk to Jesus: J is for Jesus

by Emu music



#### To the tune of 'If you're happy and you know it...'

(whenever you say 'pray to God', put your hands together as if praying)

If you're happy and you know it, pray to God,

(Use your fingers to trace a big smile over your lips)

If you're happy and you know it, pray to God,
If you're happy and you know it and you really want to show it,
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#### Subsequent verses to say:

If you're scared and you know it, pray to God...

(Use your hands flat to cover your eyes)

If you're sad and you know it, pray to God...

(Use your fingers to trace tears down from your eyes)

If you're lonely and you know it, pray to God...

(Show thumbs down)

If you're worried and you know it, pray to God...

(Put your fists over your mouth and look worried)

If you're thankful and you know it, pray to God...

(Show thumbs up)



#### Craft

## Make a thank you card

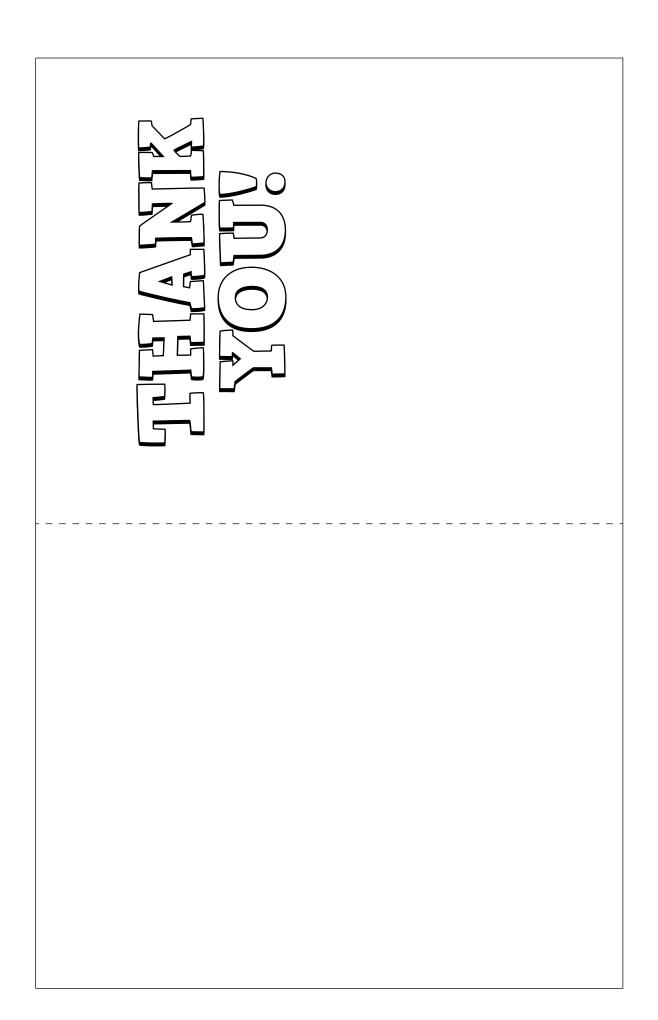
You will need: Print out page 23 on to card, inside of the card to say 'Thank you God for...', colouring pens, stickers of different things eg. fish, planes, cars, family, friends, toys, animals

What to do: Children colour in the front of the card and stick stickers on the inside for what they are thankful for. Children could also draw pictures or ask an adult to write things down for them.













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