

## Children's Ministry Task Force of the California-Nevada Conference

### Request for Participants

### "Managing Our Emotions"

A Six Session Pilot Program to Help Children and Parents Learn About Emotions

The Children's Ministry Task Force of the California-Nevada Conference is looking for 8 to 12 families, who represent the rich diversity of the Conference, to participate in six sessions, online pilot program of the United Methodist Women's children's study *Managing Our Emotions*.

#### Summary

Target Start Date: First week of September, 2021

Session Schedule: To be determined according to participant availability

Session Length: 1 hour

Session Format: Zoom Meeting

Application Deadline: July 31, 2021

To apply or receive more information, contact Joni Cisowski, [joni@firstumcmodesto.org](mailto:joni@firstumcmodesto.org)

#### Program Description

Each session will include a Warm-up, Scripture lesson, art, video, open share, closing prayer

**Week 1** Learning About Our Feelings – Children and families will explore various emotions that they experience.

**Week 2** Anxiety and Sadness – Children will examine feelings that cause pain and distress and learn how God helps during these times.

**Week 3** Fear and Frustration – Children will explore the emotions of fear and frustration and learn various ways in which they can be handled.

**Week 4** Joy

**Week 5** Finding Power, Helping Others – Children will understand how managing their emotions help them grow as Christians and supports their ability to make a difference in the world.

**Week 6** Closing activities and time together – Children and families will celebrate the completion of the 6 - week study