

What to Do:
Print on paper and cut apart, one for every kid.

"Lightning Bolt" Activity Page
January 2025, Week 3, Preteen Small Group
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You took time to build the NASA Artemis Space Launch System Lego® set for months, proudly displayed it on your bookshelf, and later found your little brother surrounded by a sea of Lego® pieces with a guilty look on his face.

Your birthday is coming up, and your parents promised you a BIG celebration. Unfortunately, your birthday party has been canceled because the whole family is sick.

Your baseball team is down by one run in the championship game. It's the bottom of the 9th inning, and you're up to bat with two outs. You swing at the first two pitches and miss. The umpire calls the third pitch a strike, but you're sure it's a ball. Your team loses, and you're frustrated with the umpire's call.

You're in the middle of an epic round of your favorite video game, about to beat your high score! A grown-up calls you to dinner, but you keep playing. After calling three more times, they burst in and turns the game off.

Your family is going on an annual beach trip! Your mom took you shopping for new clothes just for the trip, and you've got them all packed in your luggage! A few hours into the road trip, you hear a crash from the roof of the car, and you realize some luggage fell off! You look out the rear window and see your bag of clothes. It's so unfair that your stuff happened to be what got ruined!

Your dad asks you to watch your baby sister. "Just sit with her while she eats, and I'll be back before you know it," he says. Only minutes after he walks out the door, your sister picks up a pile of blueberries, squeezes them in her fist, and flings them right at you! You're so mad at her, and you're certain they're going to stain your favorite shirt!

One day while you're at the park, you and your friends decide to leave your bikes and take a walk through the woods nearby. You're only gone for about 20 minutes, but when you get back to the park, you notice your bikes are gone. You're so upset! You love that bike, and you know your parents don't have the money to replace it.

Your grown-up promised they'd reward you for your improved science grade by taking you to see the new superhero movie in the theater this weekend. You study like crazy, and after this week's science test, you feel confident that you did great. On Friday, your teacher hands back your tests and you see a big, red letter "F" at the top! You don't understand! You worked so hard!

There's a kid who rides your bus that always picks on people. Sometimes, he throws paper balls at other kids or tries to steal things from their backpacks. One day, he takes your lunch box from your backpack, opens the window of the bus, and throws it outside. It feels like the last straw, and you're so mad you feel like doing something mean to him!

You are moving away to another town where one of your parents got a new job. When you open your boxes to get your bedroom set up, you realize your art supplies were packed in the same box as all your photos of you and your old friends. The paint spilled and crayons melted all over the photos. It was hard enough to move away, and now your photos are all ruined! It feels like things couldn't get any worse!

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**Take 5 deep,
long breaths.**

Count to 20.

**Stretch your
muscles.**

**Draw a picture or
write about how
you're feeling.**

**Talk to God
(silently or
out loud).**

**Squeeze a pillow
or hug yourself.**

**Sing the ABC's or a
favorite song.**

**Walk away and
take a break.**

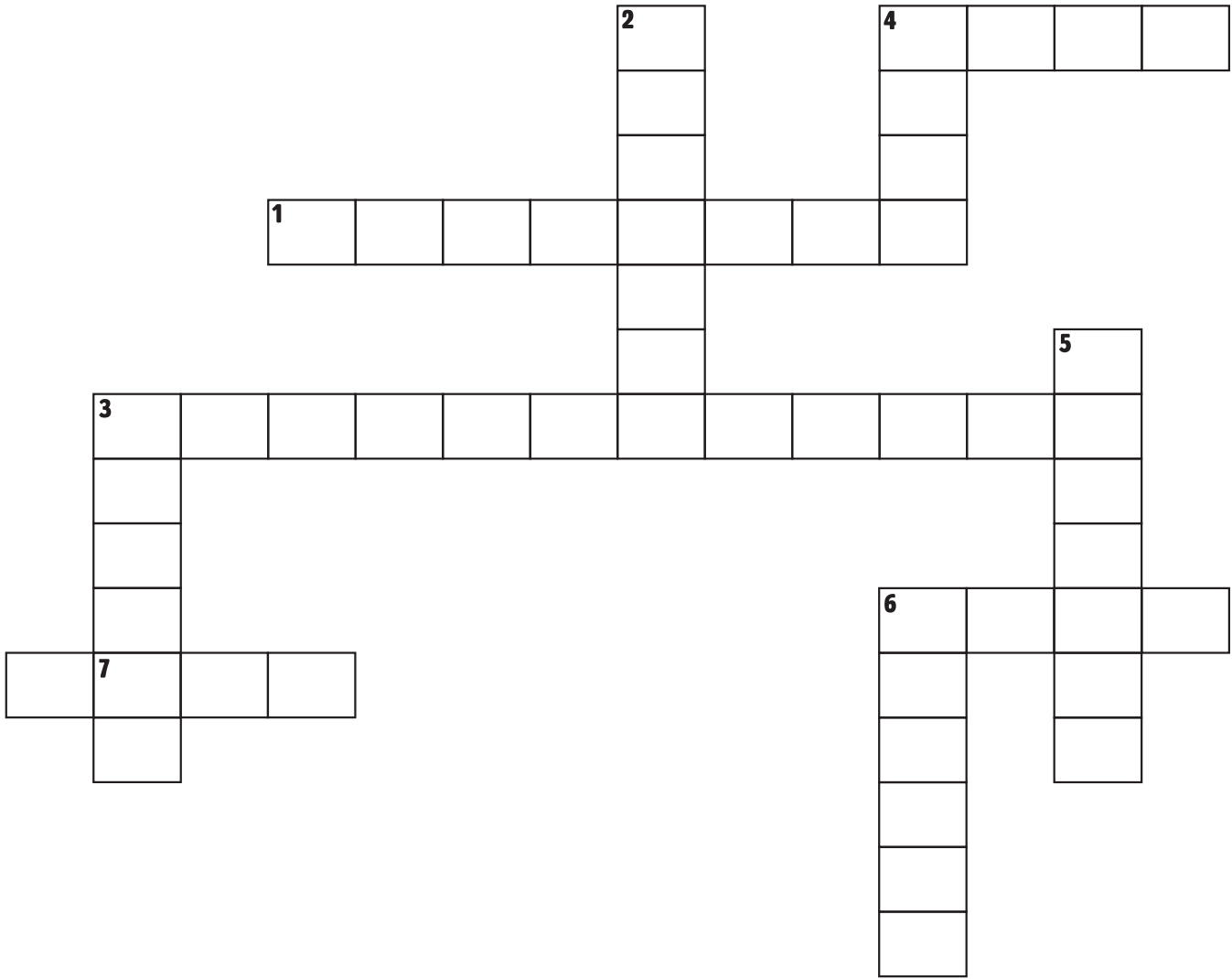
The interior portion of the United States where tornadoes are most likely to form is referred to as tornado alley.

Round chunks of ice that sometimes form during a regular thunderstorm are called hail.

A derecho is a widespread, long-lived, straight-line windstorm that is associated with a land-based, fast-moving group of severe thunderstorms.

Another name for a hurricane is a typhoon.

A sudden violent gust of wind or localized storm is called a squall.

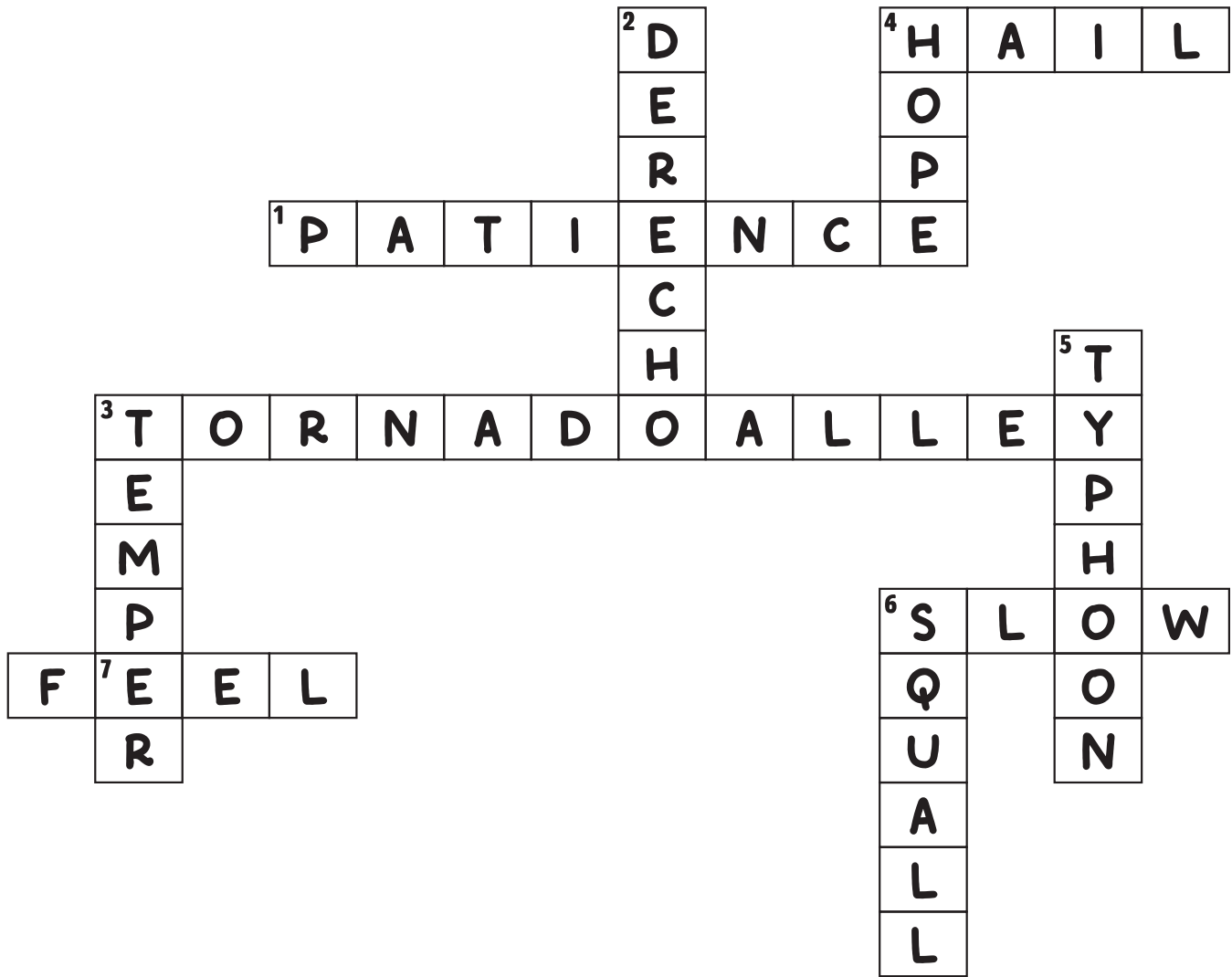


ACROSS

1. Look up Proverbs 16:32. _____ is a good alternative to anger.
3. The interior portion of the United States where tornadoes are most likely to form is referred to as _____.
4. Round chunks of ice that sometimes form during a regular thunderstorm are called _____.
6. Look up James 1:19. We should always be _____ to speak or be angry.
7. When you _____ angry, don't let that anger take charge.

DOWN

2. A _____ is a widespread, long-lived, straight-line windstorm that is associated with a land-based, fast-moving group of severe thunderstorms.
3. Look up Proverbs 15:18. A person with a _____ causes problems.
4. When your _____ is in the Lord, you will have strength. Psalm 31:24
5. Another name for a hurricane is a _____.
6. A sudden violent gust of wind or localized storm is called a _____.



ACROSS

1. Look up Proverbs 16:32. PATIENCE is a good alternative to anger.
3. The interior portion of the United States where tornadoes are most likely to form is referred to as TORNADO ALLEY.
4. Round chunks of ice that sometimes form during a regular thunderstorm are called HAIL.
6. Look up James 1:19. We should always be SLOW to speak or be angry.
7. When you FEEL angry, don't let that anger take charge.

DOWN

2. A DERECHO is a widespread, long-lived, straight-line windstorm that is associated with a land-based, fast-moving group of severe thunderstorms.
3. Look up Proverbs 15:18. A person with a TEMPER causes problems.
4. When your HOPE is in the Lord, you will have strength. Psalm 31:24
5. Another name for a hurricane is a TYPHOON.
6. A sudden violent gust of wind or localized storm is a called a SQUALL.

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“Resilience Journal 3” Activity Page
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DEAR GOD,

I recently felt angry because...

Thank You for helping me slow my anger. Help me to always know I can talk to You.

Sincerely,

DEAR GOD,

This is how I feel today:

(CIRCLE ONE)



Here's why:

Sincerely,
