



## Getting on with Others

### *Expressing anger*

Worksheet 3 - for kids with the Adventure Bible Storybook

Name.....

### Reading time:

Read 'Stormy night' pages 192-197

### Question time:

If we get really angry or upset we might feel like the ocean. An ocean can sometimes be calm but sometimes the ocean can be raging and out of control.

If you feel like a raging ocean you can go to Jesus and He might say "be s.....". (fill in the missing word, see page 194).

When we go to Jesus He can deal with our anger and give us peace.

### Prayer time:

Think of a time when you were upset. How did you act? Ask Jesus how to express your emotions in a good way. (write it down in the box below).

*Great job! Bring your completed sheet to Katie to collect a prize.*