

## ***WHEN YOU ARE ANGRY, COUNT TO 10!***

Share with your mummy and daddy about a time that you were angry and what you did when you were feeling that way. You could even act it out. We can have self-control even when we are angry! One way to remember to do that is to put our hands together and count to ten. You can practice this with your mummy and daddy, or re-act the situation with the right way of handling your anger.

## ***WHEN YOU ARE ANGRY, SAY A PRAYER!***

Another way to have self-control is to pray and ask Jesus for help! Pray together that God will help you to have self-control the next time you are angry.

# **N IS FOR NAAMAN**

# THANK YOU FOR YOUR HELP

Naaman was angry though God and Elisha were trying to help him and gave him a way to be healed. We should be thankful when people help us. Follow the instructions in the guide for a simple craft to do as a family, and write what are some ways that people help you that you are thankful for.

## MATERIALS NEEDED

- 1x disposable cup
- 1x Ice-cream stick / straw / disposable spoon / pencil
- 1x Paper or card
- Colour pencils / crayons
- Glue / tape

1



Draw Naaman before and after he was healed.

2



Cut out and stick the two drawings back to back with a stick in between the two cut outs.

3



Colour half of the disposable cup blue to represent the river that Naaman dipped in

4



Make a hole at the bottom of the cup big enough for your stick to go through

5



Move the stick up and down 7 times to represent the 7 times Naaman dipped in the river. After the 7th time, flip the stick around to show how Naaman was healed of leprosy!

6



On the back of the cup, write "I'm thankful when people help to" and list some ways that people help you that you are thankful for.

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