CHILDREN’S PAGES

**Map

Description automatically generated with low confidence**

**Sunday, 25 April 2021**

**Zion’s United Church of Christ of Taborton**

**741 Taborton Road**

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**The Conversion of Saul of Tarsus**

**Bible Address: Acts 9**

**A picture containing text, newspaper, screenshot

Description automatically generated**

**Text

Description automatically generated**

**Calendar

Description automatically generated with medium confidence**

**2**

Sometimes when we are anxious or mad about something we say and do things that hurt the people around us. We can be anxious or mad about a lot of things. If we hold on to those feeling that keep us anxious and mad, we can hurt ourselves. Holding on to them will only make us more anxious and madder. What are some of the feelings that you might need to let go?

Diagram, engineering drawing

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**3**

***Eight Things You Can Do***

***to Not Be So Mad and Anxious***

1. **Dancing (a “mad dance”) A child in a pink dress

   Description automatically generated with low confidence**
2. **Exercising **
3. **Stomping feet A person drawing on a paper

   Description automatically generated with low confidence**
4. **Playing with clay or dough that can be pounded, twisted, and pulled **

**4**

1. **Playing with water or sand**

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1. **Finger painting A picture containing person, colorful, skirt

   Description automatically generated**
2. **Going outside for a walk or run**

**A group of children walking in the woods

Description automatically generated with medium confidence**

1. **Scribbling as hard as possible on a piece of paper that can be thrown away along with the anger.**

Diagram

Description automatically generated

**5**

**Diagram

Description automatically generated**

**6**

**Diagram

Description automatically generated with medium confidence**

**7**

**Can you find the difference between the two pictures?**

**A picture containing text

Description automatically generated**

**8**

**Shape, circle

Description automatically generated**

**9**