

# Thoughts on Talking Feelings



When we feel sad, upset or worried, it's good to talk to a friend and share how you are feeling. Talking about how you are feeling gets it out of your head and can make you feel better. It also helps to know that someone has listened to you and heard how you are feeling.

## The Bible says

'The heartfelt counsel of a friend is as sweet as perfume and incense.'  
*Proverbs 27:9*

'Do not worry about anything. But pray and ask God for everything you need...The peace that God gives is so great that we cannot understand it.'  
*Philippians 4:6-7*

"So don't worry, because I am with you.. I will make you strong and will help you. I will support you with my right hand that saves you."  
*Isaiah 41:10*

How do these verses make you feel? Do they help you?

## Do

Practise recognising how you are feeling. Draw lots of different feelings emojis or words on card or paper. Spend some time each day thinking about how you are feeling.



## Game

Play 'Guess the Feeling'. Say "Hello, my name is.." in a way that shows a particular feeling, or make a face, pose or movement to show the feeling, for others to guess.

## Idea

Have you ever felt sad, worried, angry, confused? We all have! We are made to feel all emotions, not just the 'good' ones. But sometimes, if we don't share tricky feelings by talking to someone we trust, they can get bigger and harder to deal with. Christians believe God is their friend and listens to them when they talk to him. Who do you talk to?

Sometimes you or your friend might need to talk to an adult as well, especially when feelings feel very big and tricky to manage. Encourage each other to talk.

## Pray

Thank you for friends who listen. Help us to share our difficult feelings so we can recognise and manage them.

