



AN INTRODUCTION

WHAT IS ROOTED?

Taking its name from Ephesians 3:17, this programme has been designed for groups aged 8-11 years (Key Stage 2) with little or no church background. It has been trialled in a midweek group, which was evenly split between those who go to church, those loosely linked to the church and those with no previous church experience.

Trial sessions lasted 90 mins (including time for socialising), but the programme could be adapted for a shorter or longer session. Activities work well in a setting such as a church hall, where possible, with access to an outside space for some of the programme.

Please do adapt these materials for your context!

SUGGESTED FORMAT

Each session includes a range of activities, following the below sequence:

- Introductory activity
- Session introduction
- Activity
- Game
- Film Clip
- Discussion or Testimony
- Prayer
- Game
- Close





SERIES OVERVIEW: UNDERSTANDING OUR EMOTIONS

INTRO

This five-session series has been designed to use the Disney film, *Inside Out*, to introduce a conversation about feelings and emotions and what God has to say to us about the many different emotions he has given us!

Key theme: Understanding our emotions

Key Bible text: Ecclesiastes 3:4

PROGRAMME

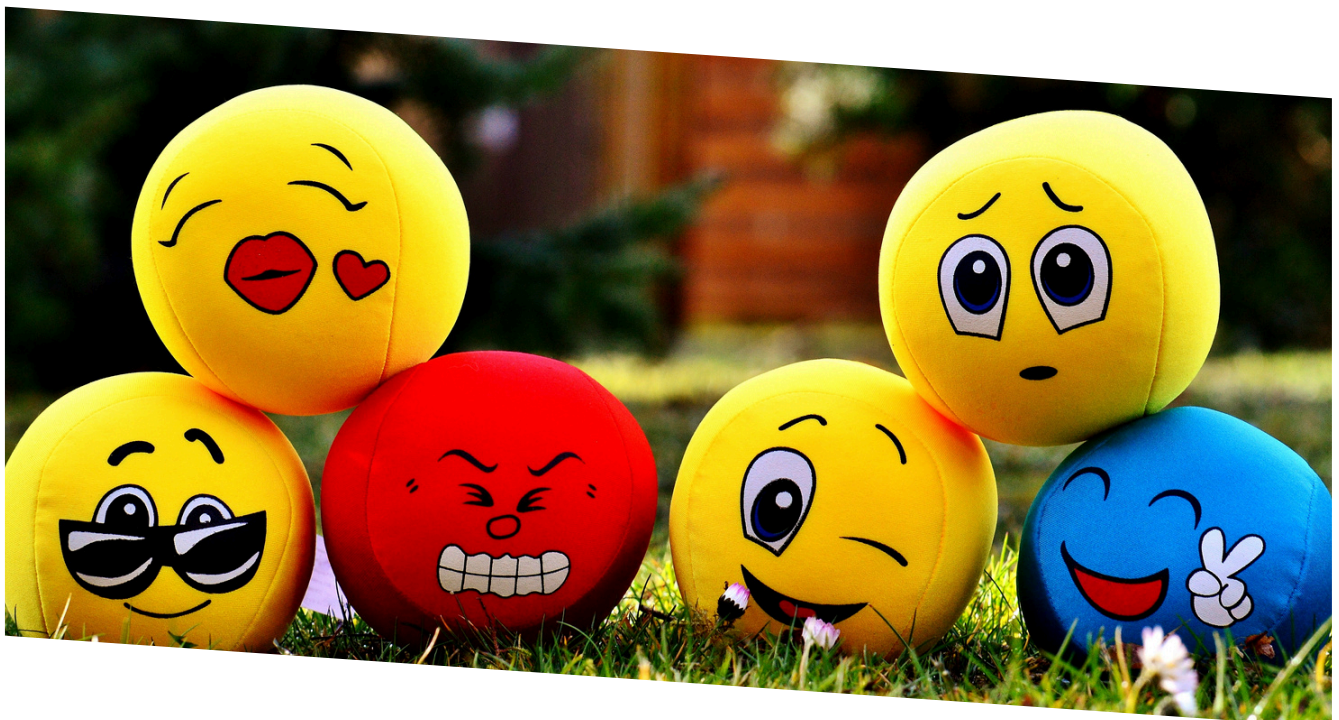
Session 1: How are you feeling?

Session 2: Up and down

Session 3: Don't lose your head!

Session 4: Whose afraid of ...?

Session 5: All change!





SESSION 1: HOW ARE YOU FEELING?

OVERVIEW

Aim: To introduce the series theme: emotions.

Intro: This session is the first in this series, using the film Inside Out to introduce and explore our emotions; what they are, how we can respond to them in a healthy way, and how God has created us to be emotional beings with all our different feelings. In this session, we introduce the overall theme and introduce the five basic emotions: happiness, sadness, anger, fear and disgust.

Bible ref: Ecclesiastes 3:4

1 Starter: Find the Feeling

Time: 10 mins

You will need: Pictures of the emotion characters from Inside Out.

Activity: Before the session, hide the images of the emotion characters from Inside Out around the room or outside space (weather dependent).

On the signal to begin, challenge the children to find all the images and gather them together. You could organise the children in different teams to find a specific character, or simply ask them to find them all.

The Point: To introduce the theme.

2 Intro: Welcome

Time: 5 mins

You will need: None

Activity: Welcome the children to the group. Explain that the theme for this term is 'Inside Out,' using ideas from the film to explore our emotions and that in this session, we will be getting an overview of the theme and identifying the main emotions.

Through this series, we hope that we will all develop a better understanding of our feelings, and how we can handle them in a way that is healthy and helpful.

The Point: To introduce the theme.

3 Activity: Find a Face

Time: 10 mins

You will need: Naturally found objects (outdoors) or random items (indoors)

Activity: Challenge the children to create a portrait using naturally found objects, which clearly shows an emotion.

Children can work on their own or in pairs or small groups, as they wish. Set the parameters as to where children can go and what they can include. When all the children are ready, gather them together and take a look at each portrait in turn, briefly talk about how well these different faces reveal the emotions.

The Point: To introduce the idea that our expressions can reveal our feelings.

4 Game: Rollercoaster Relay

Time: 10 mins

You will need: Objects for the relay, e.g. bats and balls etc.

Activity: Arrange the children in two teams at one end of the playing area and mark out how far they need to run. Explain that the first player will run to the end and back whilst balancing the ball on the bat, but they must do so in the style of the emotion given to them; e.g. 'happy,' 'sad,' 'angry,' 'fearful,' etc.

Award points to the winning team and to the players with the best performances!

The Point: To introduce the idea of exhibiting our emotions.

5 Film Clip: Inside Out 1

Time: 5 mins

You will need: The film, Inside Out, and the means to play it

Activity: This film clip begins after the credits at and ends at 4:23. In this clip, Joy introduces each of the other emotion characters in turn and shows how developed each emotion. Play the clip and ask the children if they can relate to any of the emotions shown here. Explain that emotions are not a bad thing; they are completely natural and God-given. There are reasons why we feel scared of some things; because it keeps us safe. And sadness is a natural way for us to respond to things which are sad. We don't need to hide these feelings; we should embrace all our emotions!

The Point: To introduce the five key emotions and the purposes they serve.

6 Discussion: How are you feeling?

Time: 10 mins

You will need: None

Activity: Gather the children together in small age-banded groups. On each post-it, or small pieces of paper, ask the children to write a different feeling word that they can think of. Explain that they can write different words which may mean the same or similar thing. When they are ready, invite the children to sort the words, grouping them together into different similar groupings, but talking about any differences there may be.

Gather the children together and explain that over the next few weeks, we will become more familiar with these emotions. Explain that in the Bible, it says lots about our emotions, how God has created us as emotional beings, designed to feel and to express and that a part of being healthy is knowing how to understand our feelings, and how to respond to them in an appropriate way. In Ecclesiastes 3:4 it says, there is 'A time to weep, and a time to laugh; a time to mourn, and a time to dance.' There are times for us to feel all these things, and that is healthy.

The Point: To further explore different emotions and discuss children's own experiences.

7 Prayer Activity: God, I'm feeling...

Time: 10 mins

You will need: Pictures of emotion characters from intro activity

Activity: Remind the children that every week we want to give them the opportunity to pray. Give each child a copy of each emotion picture and invite them to find a space where they can sit by themselves and take some time to talk to God. Encourage them to use the images as a prompt for their prayers. This could be 'Dear God, today I am feeling ... because.' 'Thank you for being with me when I felt ...' 'Please help me when I feel ...' etc.

Give the children the opportunity to talk as needed, before praying for the children together.

The Point: To pray together.

8 Game: Dog and Bone

Time: 10 mins

You will need: A 'bone' (rolled up newspaper), chairs

Activity: Arrange the children in their two teams sat facing each other on opposite sides of the room. Number the children 1-? On each team so that they are diagonally opposite the player with the same number.

When their number is called out, they should try to be the first to fetch the 'bone' and bring it back to their side. If their opponent tags them, they are unsuccessful. Successful players can be awarded a point.

The winning team are those who reach the highest score.

The Point: Just for fun.

9 Close

Time: 5 mins

You will need: Points total and prizes (optional)

Activity: Gather the children together and draw the session to a close, reminding them of what we have done together. Award any points or prizes.

The Point: To draw the session to a close.



SESSION 2: UP AND DOWN

OVERVIEW

Aim: To explore feelings of sadness and happiness.

Intro: This session is the second in this series, using the film Inside Out to introduce and explore our emotions. In this sessions, we will explore happiness and sadness; how they are both important and need to be recognised and acknowledged. We will look at how God promises to comfort those who grieve and mourn, gathering our tears in a bottle.

Bible ref: Ecclesiastes 3:4, John 11:35, Psalms 56:8

1 Starter: Tell me another one!

Time: 10 mins

You will need: None

Activity: Invite the children to tell their favourite jokes, taking time to hear them all. You can award points for the funniest jokes.

Explain that we all like to feel happy, but the truth is, we can't be happy all the time. In this session, we will be exploring the opposites; happiness and sadness.

The Point: To introduce the idea of feeling happy and sad.

2 Intro: Welcome

Time: 5 mins

You will need: None

Activity: Welcome the children back to the group, and remind them that the theme for this term is 'Inside Out,' using ideas from the film to explore our feelings.

Explain that during this session, we will be exploring the opposite feelings of happiness and sadness and how they are both valuable and important.

The Point: To introduce the theme for this session.

3 Activity: Colour Hunt

Time: 10 mins

You will need: Naturally found objects (outdoors) or random items (indoors).

Activity: Gather the children together and challenge them to see how many different colours they can find. Children can work on their own or in pairs or small groups, as they wish. Set the parameters as to where children can go and what they can include.

You can give points to the child who finds the most different colours and to the child who finds the most interesting or unusual colour.

Ask the children which colours they think represent which feelings and explain that blue is often used for sadness; 'feeling blue.'

The Point: To introduce the idea that colours can represent feelings.

4 Game: Dragging Sadness

Time: 10 mins

You will need: Obstacles for race, two black (or blue!) sacks filled with rags, or newspaper balls.

Activity: Arrange the children in two teams at one end of the playing area and set up an obstacle course for each team. Give the first player in each team a filled black sack and explain that in this game, they need to drag the sack around the obstacle course, just as joy drags sadness around in the film.

Each player completes the course in turn, before passing the sack onto the next player. The winning team are the first to complete the course and can be awarded points.

The Point: To introduce the idea of sadness, as linked to the film.

5 Film Clip: Inside Out 2

Time: 5 mins

You will need: The film, Inside Out, and the means to play it

Activity: This film clip begins at 20.55 when Sadness gets up in the morning and ends at 25.11 when the teacher comforts Riley. In this clip, Joy fights against sadness as a bad thing which shouldn't be felt, but as Joy discovers later in the film, this isn't a healthy response and it's far better to acknowledge when we are sad so that we can move on from it well.

The Point: To introduce the emotions 'happiness' and 'sadness' and explore why we need both in our lives.

6 Testimony: Not always happy

Time: 10 mins

You will need: None

Activity: Share a little of your story about how you have learnt to acknowledge sadness, or a story of a particular time when you have struggled with sadness. Share how God has comforted you in this, as is appropriate.

Take some time to discuss with the children and give them the chance to ask their own questions.

The Point: To share your testimony.

8 Game: Moo Off

Time: 10 mins

You will need: None

Activity: Gather the children together and explain how this game works; demonstrating as two leaders.

Two leaders get down on all fours facing each other. They take it in turns to 'moo' like a cow at the other player, trying to make them laugh. The player who lasts the longest without mooing is the winner and can be awarded points.

You can continue play with volunteers coming to the front in turn, or inviting everyone to play at the same time, as a knockout contest.

The Point: Just for fun.

7 Prayer Activity: Tears in a bottle

Time: 5 mins

You will need: Large plastic bottle, paper tear shapes, pens

Activity: Gather the children together and remind them that every week we want to give them the opportunity to pray. Give each child a paper tear shape and pen and explain that there is a verse in Psalms which talk of God storing up our tears in a bottle. This isn't a literal account but rather talks about how God cares for us and notices when we are sad, bringing us comfort.

Invite the children to write a prayer on a tear shape, before putting it into a bottle. Thus may be about something they feel sad about, or for someone else they know who is sad.

Give the children the opportunity to talk as needed, before praying for the children together.

The Point: To pray together.

9 Close

Time: 5 mins

You will need: Points total and prizes (optional)

Activity: Gather the children together and draw the session to a close, reminding them of what we have done together. Award any points or prizes.

The Point: To draw the session to a close.



SESSION 3:

DON'T LOSE YOUR HEAD

OVERVIEW

Aim: To explore feelings of anger and disgust.

Intro: This session is the third in this series, using the film *Inside Out* to introduce and explore our emotions. In this session, we will explore anger and disgust; how both serve a purpose, but that we need to learn to use them in a healthy way. We will also explore what the Bible says about not sinning in our anger.

Bible ref: Ecclesiastes 3:4, Ephesians 4:26–27

1 Starter: What makes you mad?

Time: 10 mins

You will need: Timer

Activity: Gather the children together and invite a volunteer to come to the front. Explain that they have precisely one minute to talk about something that makes them really mad.

When time is up, congratulate them for their effort, before inviting other volunteers to have a go.

Explain that today we will be thinking about the emotions of anger and disgust. These things both serve a purpose, but we need to keep them in control.

The Point: To introduce the idea of feeling anger and disgust.

2 Intro: Welcome back

Time: 5 mins

You will need: None

Activity: Welcome the children back to the group, and remind them that the theme for this term is 'Inside Out,' using ideas from the film to explore our emotions.

Explain that during this session, we will be exploring the feelings of anger and disgust and the role they both play, as well as exploring how we can handle these in a healthy and helpful way.

The Point: To introduce the theme for this session.

3 Activity: Explosion!

Time: 10 mins

You will need: Plastic bottle, bicarbonate of soda, vinegar, red food colouring (optional).

Activity: Gather the children together and explain that we are going to make a volcano. (You may need to practice this first!) Put some bicarbonate of soda into the bottle with a little food colouring. When ready, add the vinegar and watch the volcano erupt!

Explain that sometimes, our anger or disgust can get out of control and we erupt like a volcano! In this session, we're going to be thinking about the role these emotions play, and how we can keep them in control.

The Point: To introduce and illustrate today's theme.

4 Game: Parachute Games

Time: 10 mins

You will need: Play parachute, small balls

Activity: Gather the children together around the play parachute to play the following games:

1) Popcorn!

Hold the parachute very still before asking the children to put the small balls onto it. When you are ready, ask them to flap the parachute so as to cause a popcorn effect! Can they keep the balls on the parachute? How quickly can they get them all off?

2) Run under if

Explain that you will call out a number of categories; if these are true for the children, they should run under the parachute and swap places with another player. Keep the categories linked to things they may like or dislike; things they are likely to be disgusted by; brussel sprouts, marmite, etc.

The Point: To play games which involve themes of anger and disgust.

5 Film Clip: Inside Out 3

Time: 5 mins

You will need: The film, Inside Out, and the means to play it

Activity: This film clip begins at 26:46 with the family sitting at the table and ends at 30:07 with Riley entering her bedroom. In this clip, anger and disgust (and fear!) are having a hard time coping!

If you usually share snacks as they watch the film, offer some 'alternative' more unusual snacks to see if they like them or are disgusted!

The Point: To introduce the emotions anger and disgust.

6 Testimony: Keeping a handle on it

Time: 10 mins

You will need: None

Activity: Share a little of your story about how God has helped you to control your anger or how you have used feelings of anger and disgust to motivate you to stand against injustice.

Alternative: you could talk about how Jesus was angry when he saw the way they were acting in the temple, and how anger in itself is not a sin.

Take some time to discuss with the children and give them the chance to ask their own questions.

The Point: To share your testimony.

7 Prayer Activity: Standing against injustice

Time: 5 mins

You will need: Newspapers

Activity: Gather the children together and remind them that every week we want to give them the opportunity to pray. Remind the children that it is a good and natural thing to get angry about things that are wrong; injustice in the world.

Distribute the newspapers and invite the children to tear out stories that make them feel anger, before presenting these to God in prayer.

Give the children the opportunity to talk as needed, before praying for the children together.

The Point: To pray together.

8 Game: Newspaper Wars

Time: 10 mins

You will need: Newspapers

Activity: Divide the children into two teams and divide the room with a wall of chairs. Give each team a pile of newspapers and ask them to screw them up into balls. On the signal to go, each team should try to throw as much newspaper as they can onto the opposing team's area. When time is up, the winners are those with the least newspaper on their side. You can repeat the game.

The Point: Just for fun.

9 Close

Time: 5 mins

You will need: Points total and prizes (optional)

Activity: Gather the children together and draw the session to a close, reminding them of what we have done together. Award any points or prizes.

The Point: To draw the session to a close.



SESSION 4 : WHO'S AFRAID OF...?

OVERVIEW

Aim: To explore feelings of fear and anxiety.

Intro: This session is the fourth in this series, using the film Inside Out to introduce and explore our emotions. In this session, we will explore anxiety and fear, acknowledging that both are real and necessary for avoiding danger and keeping us safe, but God tells us we do not need to live in fear, but can take all our worries and concerns to him.

Bible ref: Ecclesiastes 3:4, 1 Peter 5:7

1 Starter: Guess the Phobia

Time: 10 mins

You will need: Phobia quiz sheets, pens

Activity: Gather the children together and distribute the quiz sheets and pens. Challenge the children to correctly identify the phobias from those listed on the sheet.

When all the children are ready, go through the answers to give them the true meanings of each word. You can award points to the player who correctly identified the most phobias.

The Point: To introduce the idea of fear.

2 Intro: Welcome back

Time: 5 mins

You will need: None

Activity: Welcome the children back to the group, and remind them that the theme for this term is 'Inside Out,' using ideas from the film to explore our emotions.

Explain that during this session, we will be exploring the feeling; fear and explain that this emotion has a role to play in keeping us safe and avoiding danger, but often our fears can take control and cause us to be anxious. In this session, we will be exploring what it means to hand our fears over to God.

The Point: To introduce the theme for this session.

3 Activity: Leaf Monsters

Time: 10 mins

You will need: Leaves

Activity: Challenge the children to create a leaf monster, using leaves from the surrounding trees and hedges.

Children can work on their own or in pairs or small groups, as they wish. Set the parameters as to where children can go and what they can include.

When all the children are ready, gather them together and take a look at each monster in turn and rate their scariness.

The Point: To introduce today's theme.

4 Game: Mines

Time: 10 mins

You will need: Blindfold, 'mines' (tiles, sheets of newspaper or cones)

Activity: Set out markers on the ground and define the edges of the playing area.

Ask for a volunteer and blindfold them. Explain that they need to get from one side of the minefield to the other, without standing on a mine. If they do, they will be out.

On the signal to begin, the rest of the players need to try to direct the player across the playing area. When they player is out, you can repeat with another player. The player who gets the furthest is the winner and can be awarded points.

The Point: To play games which gently introduces fear.

5 Film Clip: Inside Out 4

Time: 5 mins

You will need: The film, Inside Out, and the means to play it

Activity: This film clip begins at 51:58 when they get to the dream studio and ends at 55:38 with Bing Bong being dragged away. In this clip, anxiety has a bad dream!

The Point: To introduce the emotion, fear.

6 Testimony: Don't be Afraid

Time: 10 mins

You will need: None

Activity: Share a little of your story about how you have felt when you have given God your anxiety and how he has helped you with it. Share the words of 1 Peter 5:7 and what this means to you.

Take some time to discuss with the children and give them the chance to ask their own questions.

The Point: To share your testimony.

7 Prayer Activity: God With Us

Time: 5 mins

You will need: Newspapers

Activity: Gather the children together and remind them that every week we want to give them the opportunity to pray. Remind the children that today we have been thinking about those things we are fearful about and how God is with us in those situations.

Invite the children to share the things they are afraid of, before inviting them to pray for each other.

Give the children the opportunity to talk as needed, before praying for the children together.

The Point: To pray together.

9 Close

Time: 5 mins

You will need: Points total and prizes (optional)

Activity: Gather the children together and draw the session to a close, reminding them of what we have done together. Award any points or prizes.

The Point: To draw the session to a close.

8 Game: North, South, East, West

Time: 10 mins

You will need: None

Activity: Play the traditional game: North, South, East, West. Start by establishing which side of the hall is which direction and have the children run to the given direction when called.

Additional instructions can be added in; a couple at a time:

Scrub the decks: get down and mime cleaning the floor.

Climb the rigging: mime climbing up a rope ladder on the spot.

Captain's coming: stand to attention, salute and call 'ay, ay, captain.'

Man the lifeboats: children pair up and pretend to row a boat in a seated position.

3, 4, 5 in a boat: As per man the lifeboats but with additional 'passengers' to make up the total number.

Bombs overhead: Crouch down low.

Submarines: Lie on your back with one foot in the air as a periscope.

Man overboard: Dive out 'into the sea.'

Play a few rounds just for fun. You could then introduce a competitive edge with the last player out each time, the last man standing is the winner and can be awarded points.

The Point: Just for fun.

Can you correctly identify these phobias?

Achluophobia:

Aerophobia:

Bibliophobia:

Claustrophobia:

Cyberphobia:

Decidophobia:

Dentophobia:

Ephebiphobia:

Genuphobia:

Microphobia:

Noctiphobia:

Nomophobia:

Phobophobia:



Can you correctly identify these phobias?

Answers

Achluophobia: fear of darkness

Aerophobia: fear of flying

Bibliophobia: fear of books

Claustrophobia: fear of confined spaces

Cyberphobia: fear of computers

Decidophobia: fear of making decisions

Dentophobia: fear of dentists

Ephebiphobia: fear of teenagers

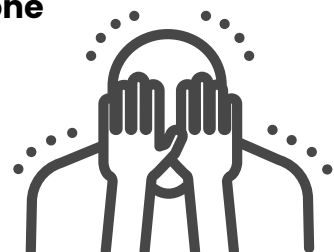
Genuphobia: fear of knees

Microphobia: fear of small things

Noctiphobia: fear of the night

Nomophobia: fear of being without your mobile phone

Phobophobia: fear of phobias





SESSION 5 : ALL CHANGE

OVERVIEW

Aim: To explore how our emotions and feelings can change as we get older.

Intro: This session is the fifth and final session in this series, using the film Inside Out to introduce and explore our emotions. In this session, we will use the trailer for the second film to explore how we experience different feelings as we get older and how we can respond to and handle these well.

Bible ref: Ecclesiastes 3:4, Malachi 3:6, Hebrews 13:8

1 Starter: Spot the Difference

Time: 10 mins

You will need: Spot the Difference quiz, available on youtube

Activity: Gather the children together and explain that you are going to share a spot the difference quiz.

Select a quiz from youtube, (there are many available). Play the quiz on the screen and invite the children to call out the differences as they spot them.

Explain that in the quiz, something has changed between the pictures and that today, we are going to be thinking about the idea of things changing.

The Point: To introduce the idea of change.

2 Intro: Welcome back

Time: 5 mins

You will need: None

Activity: Welcome the children back to the group, and remind them that the theme for this term is 'Inside Out,' using ideas from the film to explore our emotions.

Explain that during this session, we will be thinking about the way our feelings change as we get older, but also how we respond to the circumstances that change around us and how we can respond to, and handle our emotional responses.

The Point: To introduce the theme for this session.

3 Activity: Plant a Seed

Time: 10 mins

You will need: Sunflower seeds, compost, plant pots

Activity: Provide sunflower seeds, compost and plant pots and invite the children to plant a sunflower seed to take away and watch grow. Talk about what they will need to do to take care of the seed, to nurture it's growth, and how the plant will change as it grows.

Explain that this is a good illustration of how we can need to take care of ourselves as we grow and change; nurturing our own development so that we can grow up in a good and healthy way, blooming like the sunflowers will!

The Point: To introduce today's theme.

5 Film Clip: Inside Out 5

Time: 5 mins

You will need: The film trailer, Inside Out 2, and the means to play it

Activity: This is the trailer for the film Inside Out 2 which introduces the idea that we change as we get older, particularly as we go through puberty, and how our emotions and emotional responses change.

The Point: To introduce the idea of emotions changing as we go through puberty.

4 Game: Cod, Herring, Mackerel, Plaice

Time: 10 mins

You will need: None

Activity: Sit the children on the floor in a circle facing outwards. Label the children in turn; Cod, Herring, Mackerel, Plaice and repeat around the circle until each child has a fish name. Check that they all know which fish they are.

When you call out the name of one fish, the children with that label should stand up and run around the circle in the same direction, not overtaking each other. When you say 'tide's turning' the children change direction and run the opposite way. Repeat as many times as you like until you call 'fisherman's coming,' when all the children should return to their own original place to sit down.

You can repeat a few practise goes until the children have got the hang of it, then play competitively with the last child back each round being out, and needing to sit facing outwards. You can also call out more than one fish type at a time.

The Point: To play games which gently links to 'change.'

6 Testimony: All Change

Time: 10 mins

You will need: None

Activity: Share a little of your story about your experience of things changing as you get older and how you felt about that. Share the words of Malachi 3:6 and Hebrews 13:8 and what they mean to you.

Take some time to discuss with the children and give them the chance to ask their own questions.

The Point: To share your testimony.

8 Game: Junockey

Time: 10 mins

You will need: Ping pong bats and balls, chairs.

Activity: Arrange the children in two teams and set up a chair at either end of the hall, as a goal.

This game is a simple version of hockey, played with the ping pong bats and balls. Set the players in position and tell them which goal they are aiming at / defending. The ball must only be hit below shoulder height.

The winning team are those who score the most goals and can be awarded points.

The Point: Just for fun.

7 Prayer Activity: Playdough Prayers

Time: 5 mins

You will need: Playdough

Activity: Gather the children together and remind them that every week we want to give them the opportunity to pray. Give each child a small amount of playdough and invite them to shape and mould it as you talk and pray together.

Explain that as we grow up, there can be times when our lives feel like this playdough; constantly changing or unstable. Explain that the Bible tells us that Jesus never changes, he is the same yesterday, today and tomorrow and we can trust him to be a firm foundation, when everything around us seems to change.

Invite the children to pray or pray for them in response.

The Point: To pray together.

9 Close

Time: 5 mins

You will need: Points total and prizes (optional)

Activity: Gather the children together and draw the session to a close, reminding them of what we have done together. Award any points or prizes.

The Point: To draw the session to a close.