FORMATION THROUGH FEELINGS

NOBLE HEARTS



Complete collection

12 emotion lessons · 164 pages

Small choices. A noble life.

Help your child understand feelings, practice good choices and carry one useful action into everyday life.

DISCOVER > LEARN > CHOOSE > BECOME

Lessons inside

01 Anger
02 Fear
03 Sadness
04 Jealousy
05 Guilt
06 Excitement
07 Disappointment
08 Loneliness
09 Overwhelm
10 Embarrassment
11 Shame and guilt
12 Mixed feelings

Bible learning and Christian formation.

Includes connected coloring, crosswords, word searches, practical activities and parent answers.

Design review proof. Supplied character artwork used with Jamall's approval. AI assisted teaching draft. Final editorial approval pending.

LESSON 01 / SECTION 01 / FOUNDATIONS

Anger



IN THIS SECTION

When anger rises, a pause can make room for a wiser response. In this section, we will notice the feeling, listen to Scripture and practice keeping our words and actions safe.

Discover. Learn. Choose. Become.

Begin with the next page. Read together, then try one helpful choice.

LESSON 01 · ANGER · DISCOVER

DISCOVER LEARN CHOOSE BECOME

A pause before my next move

OUR GOAL

Pause and communicate a need without hurting someone.

THE MOMENT

Someone knocks down a model you spent a long time building.



Notice your clues

What might a person notice in their body, thoughts or urge to act? Different people have different clues. Ask how someone feels rather than deciding from appearance alone.

JAMES 1:19 · ESV EXCERPT

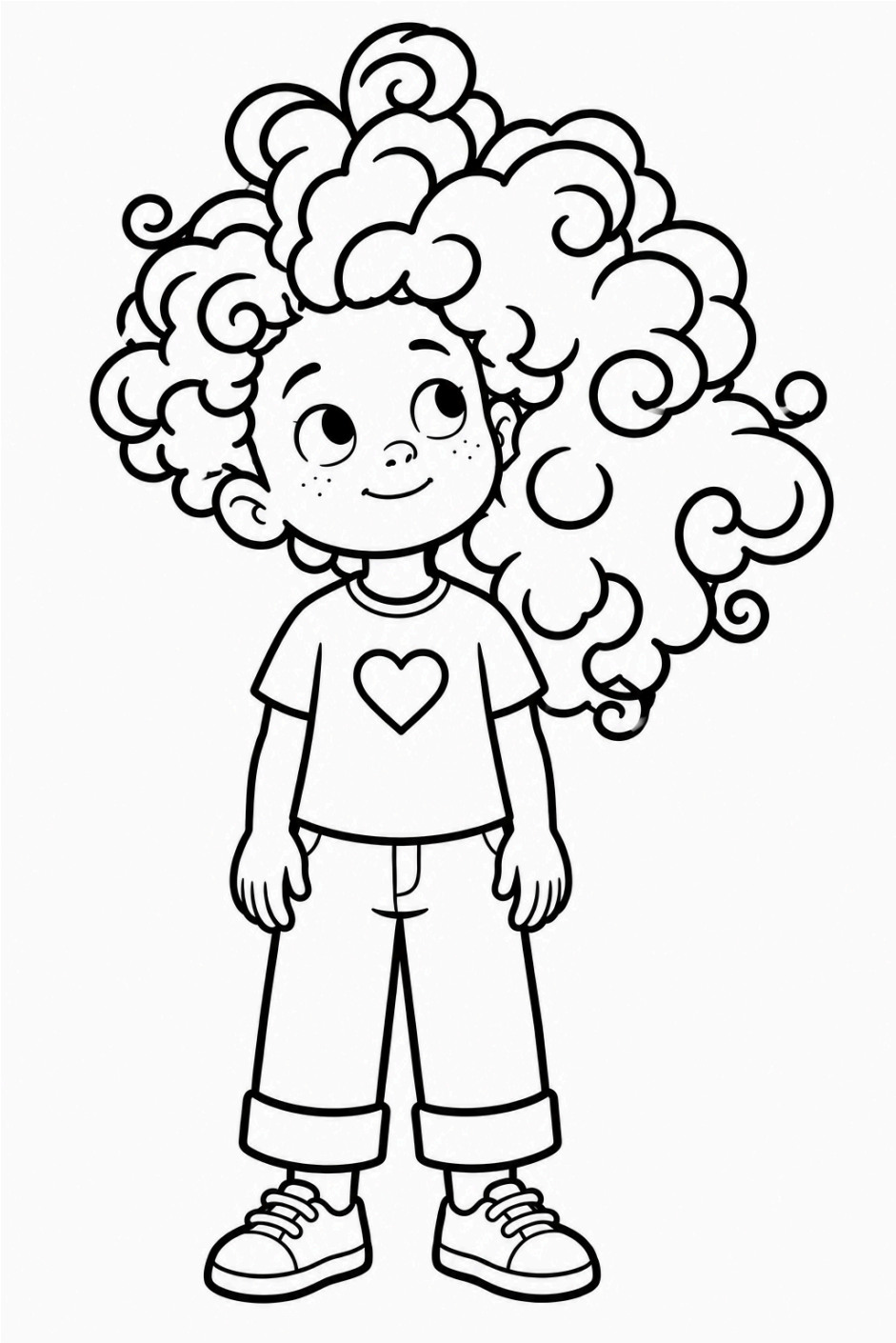
“Let every person be quick to hear, slow to speak, slow to anger.”

Find the full verse and nearby verses in your Bible. What do you notice?

ANGER · COLOR

Color me in.

Color with any colors you like.



Talk about it: what is a helpful choice you could make with this feeling?