

Preschool:

Sing the song “Baby Shark” but replace the “shark” in each round with an emotion. Let your preschooler choose an emotion before singing each round. Continue as long as there is interest!

When I’m _____, doo doo doo doo doo doo

When I’m _____, doo doo doo doo doo doo

When I’m _____, doo doo doo doo doo doo

God is with me! (or “I can talk to God”, or “God is near”)

REPEAT with another emotion

SAY: When Jesus was feeling overwhelmed with sadness he went to talk to God and we can do that too! When we are happy and when we are sad, we can always talk to God!

PRAY together, thanking God for giving us our emotions and for always being with us no matter what we are feeling.