

Feel Real

Dealing with our feelings



Welcome to “Feel Real”, the resource that explores emotions alongside biblical narrative and empowers kids, leaders and families to deal with real life feelings.

Feelings and emotions are a significant part of life, but it can be hard to know where to start. “Feel Real” is a great starting point that uses 5 simple steps to help kid’s leaders and parents/carers to journey with their kids through specific emotions.

Step 1 identifies the emotion, explains the emotion, and introduces other associated emotions.

Step 2 introduces four different bible stories where the particular emotion is highlighted and encountered, providing four different “Feel Real” sessions looking at the same emotion.

Step 3 provides discussion starting points to aid open and honest conversation about the emotion and what God may be saying.

Step 4 offers two encouraging ‘Power Verses’, linked to the emotion, that kids can stand on, remember and live by.

Step 5 offers a simple ‘takeaway’ that kids can choose to hold on to when dealing with the emotion.

Here are some top tips to help kid’s leaders and parents/carers use the “Feel Real” resource effectively:

- 1** Feelings and emotions are a real, necessary and normal part of life and should be embraced rather than ignored or overlooked. Validating a person’s feelings is really important. What a person is feeling is real for them, regardless of external opinion or experience. Don’t try to ‘fix it’ straight away. BE with people in their emotion and walk alongside them.
- 2** Don’t be afraid of sharing your own, age-appropriate life experiences/testimonies (related to the emotion) to enable your kids to have a further understanding of the emotion. The more you open up, the more your kids will open up. The more your kids can relate to you, the more honest they will be.
- 3** This resource is designed to be a starting point that empowers you to guide your kids through a series of emotions. So, be creative, make it your own, and add to it in whatever way serves your kids best.
- 4** Exploring certain emotions will inevitably stir up painful issues/circumstances/memories in you and your kids- and that’s okay. Give time and space for reflection, tears and prayer. Try to end each “Feel Real” session with something fun and more light-hearted like a game, craft activity or a hot chocolate!
- 5** Dealing with feelings is a process and it often takes time. Be intentional about following up on where your kids are at emotionally after using the “Feel Real” resource.

Plus...

To accompany the first series of the “Feel Real” resource, we have designed some “Feel Real” keyrings! Each keyring displays the emotion and the two associated Power Verses so that kids can be equipped and reminded of God’s word wherever they go.

AND... they are FREE! To order “Feel Real” keyrings for your kids click the following link:
www.limitlesslim.co.uk/KidsFeelReal