



No Worries!!

“And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin.

Matthew 6:28

A time for worry? How will that help me??

I have included here two different levels of materials. Some for the younger group and some for older kids. The overall theme being that we can change our worries about our current “shelter in place” time to a time to “not be shaken” but to understand and encourage others. The first video is based on Matthew 6:25-29 <https://youtu.be/i29a7Yn73SU> It shows us how worries can weight us down and we miss seeing the ways we can encourage and help others. The second video is a reading of a book usually used at the beginning of a school year Wemberly Worried by Kevin Henkes and lists all the things that Wemberly worries about. https://youtu.be/H-DPh_BzztI

In the end, Wemberly tells her teacher that she will be back “don’t worry”.



Collect Worry stones

The next time you are outside, look for some smooth stones. Stones that feel good in your hand. Find several—different sizes. Take the stones home. If you have paint that will not rub off onto your hands, decorate your stone. Use your stones when you pray. Pick up each stone and pray -- for your family, your friends, each worry you may have... Lay your worries down (lay the stones down) and pray.

And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord’s people.

Ephesians 6:18

Worry Catcher

Take a paper plate and cut out the center section. Use a paper punch to punch holes around the rim of the plate. Use yarn, ribbon, string (whatever you have) and thread it across and through the holes. It will look like a web. Hang the worry catcher and let it be a reminder to give your worries to God. Change your thoughts to helping others.

I'm Just a Kid, what can I do??

Kids can: connect with their friends
and family --- make a card or write a letter, or call, facetime...

Kids can: Use sidewalk chalk to decorate and put uplifting
Messages on the sidewalk.

Kids can: make/bake a treat to share with a neighbor.
Just leave it by the door and call so they know it's there.

Kids can: make a video to share with friend and family.

Kids can: encourage their families not to worry.

Kid can: help at home - set the table, wash the dishes,
clean their room and etc...

Kids can: Make a difference in the world!!

Therefore, do not worry about tomorrow, for tomorrow will
worry about itself. Each day has enough trouble of its own.

Matthew 6:34

I will not be shaken, Even when the Lion Roars
Sing and join in the movements.

<https://youtu.be/oCVRIRCaz58>

Blessings
JoAnn

Matthew 6:33

But **seek first** his kingdom and his righteousness, and all these things will be given to you as well.

[In Context](#) | [Full Chapter](#) | [Other Translations](#)

Matthew 6:25

[*Do Not Worry*] “Therefore I tell you, **do not worry** about your life, what you will eat or drink; or about your body, what you will wear. Is **not** life more than food, and the body more than clothes?”

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Matthew 6:31

So **do not worry**, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’

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