**"Clean Thoughts" vs "Not Good Thoughts" (or "Uncomfortable Thoughts")**

This concept might be more appropriate for 5-6 year olds, rather than 3-4 year olds

Discuss / explain to the children:

The lyrics from the song we just sang (*I'm a Clean Kid* by Jennifer Russell)

"When my mind starts thinking not good thoughts..." What do you think they mean? What are "not good thoughts"? (anger, impatience, jealousy, selfishness...). It is normal to have these thoughts. It is human (and who here is human, raise their hand), *but then WE choose how to respond when we have these thoughtst*, and we ask God to help us change our thoughts.

Take a breath, calm down, say a prayer. When you are feeling ...

-- Angry? ask God for a stronger thought of Peace.

-- Impatient? ask God for a stronger thought of Patience.

-- Jealous? ask God for a stronger thought of Sharing.

-- Selfish? ask God for a stronger thought of Sharing.

-- Sad? ask God for a stronger thought of Joyfulness

-- Mad at someone? ask God for a stronger thought of Forgiveness

It is our choice to clean the mirrors of our hearts so that we reflect God's virtues and God's love.

1. Activity: Clean the Mirrors of our Hearts

Give each child a Safety Mirror and a damp wash cloth. Ask the children to look in the mirror to see their lovely smiling face reflected. Teacher explains:

"Uncomfortable thoughts are like a film that covers the mirrors of our hearts, so people cannot see God's virtues (our true selves) reflected. Teacher puts a large glob of shaving cream into a bowl, and with a finger puts a dollop of shaving cream on each mirror, instructing the children to smear it around with their own fingers, then look in the mirror to see if they can still see their undistorted reflection. Then the teacher reiterates that the child is able to 'clean the mirror' with their washcloth until they can see their face reflected again, just as they have a choice to ask God's help to change their uncomfortable thoughts into happier thoughts.

2. Craft Activity: Door-Hanger

Materials:

Four colors of card-stock Very Large (3-1/2 inch circle) paper punch

1/4 inch wide satin ribbon Large (3-inch circle) paper punch, or very large Heart paper punch

Clip art of children acting or feeling emotions and their "opposites"

(selfish/sharing, angry/peaceful, sad/joyful, fighting/forgiving; sad/service)

Avery "return address labels", 1-3/4 inches by 1/2 inch size, printed with the emotions

Small glue bottle for each child

Preparation:

1. With a very large (3-1/2 inch) paper punch and bright colored card-stock paper, punch out eight circles for each child, two of each color.

2. Cut ribbon about 30 inches long, double and tie a loop at the top large enough to slip over a door knob. Glue the circles back-to-back, other evenly spaced down the two ribbon ends.

3. Print card-stock of the "Will you choose...", and punch out the words with the 3-inch punch, two for each child.

4. Photoshop (size) the clip-art so that each picture is 2-1/2 inches across, then print, and punch out 3-inch circles of each picture: For each uncomfortable emotion, there should be its opposite, the emotion or virtue that reflects God's hope for us. Each child will need 6 pictures, in addition to two of the "Will you choose..." circles.

4. Print the Avery labels with the six emotions. The uncomfortable emotion labels will have "or" after the emotion; For example, "FIGHTING, or" "SAD, or" "ANGRY, or"

So the sentiment will be; "Will you choose FIGHTING, or FORGIVENESS!"

"Will you choose SADNESS, or SERVICE!"

5. The finished piece will have the "Will you choose..." words glued onto both sides of the top circle, the "uncomfortable" emotion with its label on one side of the circle, the happier emotion and label on the opposite side.