



UNIT FOUR >>> RESPOND INSTEAD OF REACT

Dear Parents,

HALFWAY THERE /// This month marks our halfway point through the Friendly program! We are so excited to see students dive into and truly understand how to be the best friends they can be! This unit is about being responsible for our reactions and emotions. Students will learn that it is their responsibility to control how they respond in stressful and emotional situations.

Catchphrase (main point for students to catch on to):
I Will Respond Instead of React

Key Verse (Biblical anchor points):
James 1:19-20

“My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak, and slow to become angry because human anger does not produce the righteousness that God desires.”

Genesis 4:7b

“But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must rule over it.”

This unit gives ample opportunity to talk through the challenge of responding instead of reacting. Emotions are good and helpful and give us the ability to recognize when we need to listen to them and not let them rule over us! **Continue the Conversation** at home with your student. Here are the main points of this unit:

1. **Feelings and emotions are helpful indicators.** Feelings and emotions are good gifts from God. We can glorify Him with our feelings and emotions
2. **Listen to your body.** Our body can give us “warning signs” to help us know how we are feeling inside. Paying attention to our warning signs can help us make the right decision.
3. **Don’t let feelings and emotions R.U.L.E. over you!** If we feel like our feelings and emotions are getting out of control, remember they are not our boss! Instead remember the acronym **R.U.L.E. (Recognize, Understand, Label, and Express)** and know that with God, we can respond instead of reacting in every situation.

WARNING SIGNS /// One way to help your child respond instead of reacting is to help them identify their “warning signs”. When we are angry or upset our body reacts with our emotions. Breathing can change, muscles can become tight, hands turn into fists, etc. Pay attention to your child’s warning signs to help remind them to not let their emotions **R.U.L.E.** over them!

GOD’S PLAN IS BETTER /// God knows what is best for us. As it says in one of our key verses, James 1:19-20, we should be quick to listen and slow to anger. A great way to remember this is to **STOP. PRAY. WALK AWAY.** Doing these three steps will help them choose to respond best to the situation and truly live out James 1:19-20.

TELL US ABOUT IT /// Share a time when your student decided not to let their emotions **rule** over them and responded instead of reacting!

When kids learn friendship, they learn it for life!

Blessings,