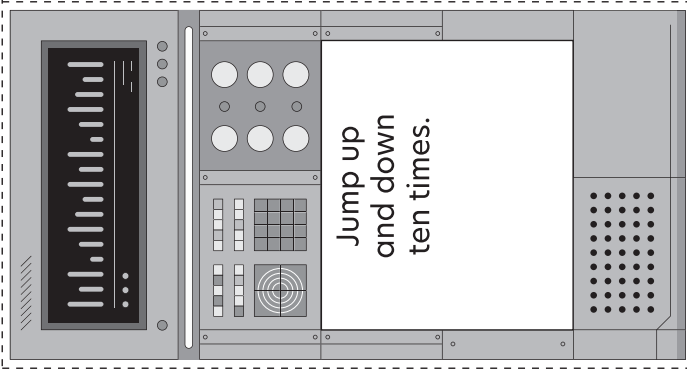
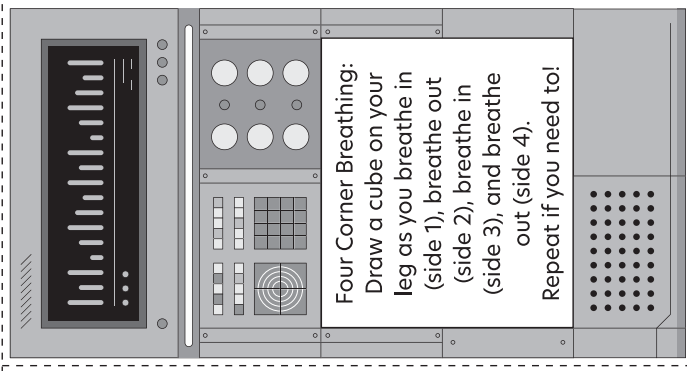
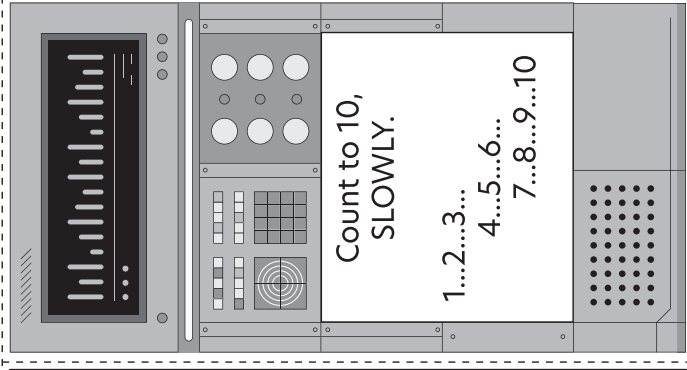
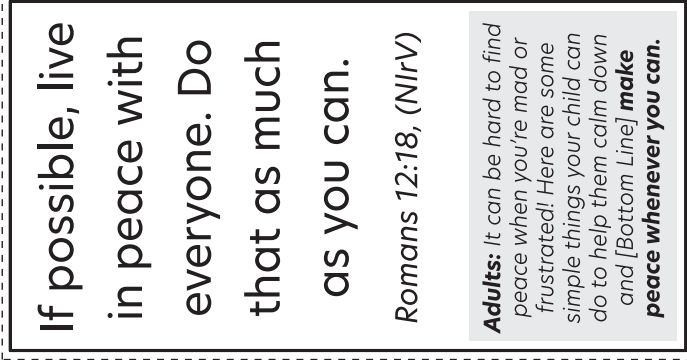
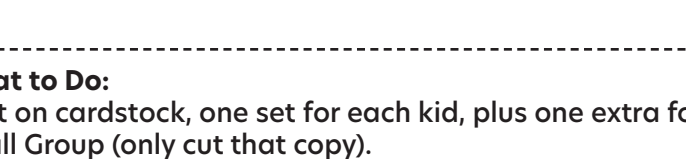

	<p>Stretch.</p>
	<p>Say or sing your ABCs.</p>
	<p>Jump up and down and down ten times.</p>
	<p>Run or walk around your space three times.</p>
	<p>Four Corner Breathing: Draw a cube on your leg as you breathe in (side 1), breathe out (side 2), breathe in (side 3), and breathe out (side 4). Repeat if you need to!</p>
	<p>Name five favorite things.</p>
	<p>Count to 10, SLOWLY. 1...2...3... 4...5...6... 7...8...9...10</p>
	<p>Ask someone for a hug.</p>
	<p>Take a BIG drink of water.</p>

If possible, live in peace with everyone. Do that as much as you can.

Romans 12:18, (NIRV)

Adults: It can be hard to find peace when you're mad or frustrated! Here are some simple things your child can do to help them calm down and [Bottom Line] **make peace whenever you can.**

What to Do:

Print on cardstock, one set for each kid, plus one extra for each Small Group (only cut that copy).

		<p>Stretch.</p>			<p>Say or sing your ABCs.</p>
		<p>Jump up and down and down ten times.</p>			<p>Run or walk around your space three times.</p>
		<p>Four Corner Breathing: Draw a cube on your leg as you breathe in (side 1), breathe out (side 2), breathe in (side 3), and breathe out (side 4). Repeat if you need to!</p>			<p>Name five favorite things.</p>
		<p>Count to 10, SLOWLY. 1...2...3... 4...5...6... 7...8...9...10</p>			<p>Ask someone for a hug.</p>
<p>If it is possible, as far as it depends on you, live at peace with everyone. Romans 12:18, (NIV)</p>		<p>Adults: It can be hard to find peace when you're mad or frustrated! Here are some simple things your child can do to help them calm down and [Bottom Line] live at peace with everyone.</p>			<p>Take a BIG drink of water.</p>

What to Do:
Print on cardstock, one set for each kid, plus one extra for each Small Group (only cut that copy).

If possible, live in peace with everyone. Do that as much as you can.

ROMANS 12:18 (NIRV)

If possible, live in peace with everyone. Do that as much as you can.

ROMANS 12:18 (NIRV)

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ROMANS 12:18 (NIRV)

If possible, live in peace with everyone. Do that as much as you can.

ROMANS 12:18 (NIRV)

If possible, live in peace with everyone. Do that as much as you can.

ROMANS 12:18 (NIRV)

If possible, live in peace with everyone. Do that as much as you can.

ROMANS 12:18 (NIRV)

What to Do:

Print on cardstock and cut apart, one strip for each kid.

If it is possible, as far as it depends on you, live at peace with everyone.

ROMANS 12:18 (NIV)

If it is possible, as far as it depends on you, live at peace with everyone.

ROMANS 12:18 (NIV)

If it is possible, as far as it depends on you, live at peace with everyone.

ROMANS 12:18 (NIV)

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ROMANS 12:18 (NIV)

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ROMANS 12:18 (NIV)

If it is possible, as far as it depends on you, live at peace with everyone.

ROMANS 12:18 (NIV)

What to Do:
Print on cardstock and cut apart, one strip for each kid.

"Romans 12:18 Cut Out" Activity Page, NIV
March 2024, Week 1, Small Group K-1
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