



TODAY'S TOPIC:

It's a Trap!

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

THINKING JOB: Ask a "thinking job question" to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

What does it mean to trap something?

Lesson

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> Optional – Mouse Trap game, woven finger traps 	<ul style="list-style-type: none"> 	Know that sometimes feelings get trapped and there are ways to release them.

GAME: Put together the pieces of the mouse trap puzzle.

ASK: To trap something means you use a device to catch it. What are some things you want might trap? A spider to carry it out of your house. A bear that is in the city to take it back to the woods. Venus fly trap plant traps insects. See what examples the kids have.

ASK: Do you think you can trap an emotion, feeling, or thought in your body? YES! Sometimes something is so good and exciting or so worrying and upsetting that we think the same thing over and over and feelings get stuck in your head that send messages to your body. Sometimes we do things that trigger the trap like worry, lie, have unkind thoughts about ourselves or others, we do hurtful things. Trapped thoughts can make us run away, yell, cry, throw things.

SAY: Imagine this. You have all your feelings and thoughts moving around in your body all the time. Think about what and where you feel these things.

- What does a happy, excited, fun thought feel like? Bubbly, jumpy, laughing,

clear thinking, active, social.

- What does a cozy, warm, and safe thought feel like? Relaxed, slower breathing.
- What does an angry, disappointed, unhappy thought feel like? Breath fast, muscles tight, stomach hurts, heavy body, headache, out of control.

REMINDER: You are allowed all of your thoughts and feelings.

EXAMPLE:

Trapped thought: I am not smart. Feeling: Angry and sad.

Trapped thought: I will make them mad if I ask for help. Feeling: Sad and scared.

SAY: When you have a trapped thought or feeling, you can use a trap breaker. Some trap breakers include:

- Jump to center. Get still. Name your feelings.
- Say a prayer. Talk to God.
- Speak the truth.
- Say an affirmation.

EXAMPLE:

Trapped thought: I am not smart.

Trap breaker: It is okay to make mistakes. I can do hard things. I am always learning.

Trapped thought: I will make them mad if I ask for help. Feeling: Sad and scared.

Trap breaker: People want to help me. It is okay to ask for help. Everybody needs help sometimes.

AFFIRMATION: I can relax and know there's away. Repeat 4x.

SHOW: Finger trap. Demonstrate how if you just pull your fingers get trapped, but if you relax and push your finger toward each other, the trap comes right off. This is a great reminder to use your thought trap breakers!

AFFIRMATION –repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .