



Guiding Children Through Big Emotions



Explore biblical wisdom to help children manage strong feelings with grace and understanding.



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Introduction

Helping children navigate their emotions can be a challenging yet rewarding journey. Big emotions—whether joy, anger, fear, or sadness—are natural parts of a child’s experience. As caregivers and believers, the Bible provides us with timeless guidance on how to lovingly support children through these feelings. *Helping kids understand their emotions* not only fosters emotional health but also strengthens their faith and relationship with God.

Throughout history, Scripture reflects the importance of caring for the heart as much as for the mind. Children are especially vulnerable to overwhelm, and they often need patient, gentle guidance to learn how to respond to their strong emotions. This 7-day study focuses on teaching caregivers practical, grace-filled ways to walk alongside children in emotional growth.

Each day offers a rich Bible passage, devotional insights, reflective questions, and prayer to empower you in nurturing emotional intelligence rooted in God’s love. **By embracing God’s Word**, we can model calm, provide security, and teach children that emotions are gifts from God to understand and steward well.

Let’s begin this journey with open hearts and minds, ready to *listen, affirm, and guide* our children toward emotional wholeness through the Father’s truth and grace.





Day 1: ✨ Recognizing Emotions as Gifts



Your Verse

Psalm 34:18 – “The LORD is close to the brokenhearted and saves those who are crushed in spirit.”

Supporting Scriptures

- *Proverbs 3:5-6 – “Trust in the LORD with all your heart and lean not on your own understanding... He will make your paths straight.”*
- *Ecclesiastes 3:1 – “There is a time for everything, and a season for every activity under the heavens.”*



Day 1: ✨ Recognizing Emotions as Gifts

Devotional: Emotions: God's Intimate Gift to Children

Big emotions are a part of being human, and children especially experience them intensely. Psalm 34:18 reminds us that God is near our broken hearts and those crushed in spirit, showing that He values every feeling. Emotions are a form of communication—not just to others but also between us and God. When children feel overwhelming emotions, it's an opportunity for caregivers to teach that God is close, loving, and ready to help.

Rather than suppressing or ignoring big emotions, we can recognize and affirm them as meaningful gifts. Emotions teach children about their inner world and can draw them closer to God when handled with care. Proverbs 3:5–6 encourages us to trust God rather than leaning only on our understanding, inviting us to seek His guidance in how we respond to children's feelings.

Remember Ecclesiastes 3:1's wisdom—the proper time to feel, express, and process emotions exists. Today, look for ways to acknowledge your child's feelings as valuable and God-ordained moments of growth.



Reflect and Apply

1. How do I currently respond when a child expresses big emotions?

2. In what ways can I remind myself that emotions are gifts from God?

3. How can recognizing God's nearness in emotional times comfort both me and the child?



Journaling Prompts

1. List moments when a child you know felt overwhelmed emotionally.

2. Write about a time you felt God’s presence during a strong emotional season.

3. Describe one practical way to affirm a child’s emotions today.



Day 1: ✨ Recognizing Emotions as Gifts

Prayer for Today

Lord, help me to see the emotions of children as You do—as precious parts of their being and moments when You are near. Teach me to respond with gentleness and understanding, reminding the child that you are close during every high and low. Give me wisdom to guide them trusting You fully. *May Your peace fill our hearts as we embrace emotions together.* Amen. 🙏❤️🌿





Day 2: Providing Safe Emotional Spaces



Your Verse

Isaiah 41:10 - “So do not fear, for I am with you; do not be dismayed, for I am your God.”

Supporting Scriptures

- *Matthew 11:28 - “Come to me, all you who are weary and burdened, and I will give you rest.”*
- *1 Peter 5:7 - “Cast all your anxiety on him because he cares for you.”*



Devotional: Creating Secure Emotional Environments

Safety is crucial when children face big emotions. Isaiah 41:10 reminds us God is with us—this truth translates into creating environments where children feel secure to express their feelings without fear or shame. When children feel safe emotionally, they learn to trust, which is foundational for healthy development and spiritual growth.

Jesus invites the weary and burdened to come to Him, offering rest that transcends circumstances (Matthew 11:28). We mirror this by offering open arms and listening hearts. 1 Peter 5:7 encourages casting anxieties on God, which means teaching children they can place their worries into His caring hands.

By modeling calmness and acceptance, we create safe emotional spaces that empower children to navigate big feelings confidently and know that God's presence surrounds them always.



Reflect and Apply

1. How do I create a safe space for children to share their feelings?

2. What fears or anxieties might children be carrying that I can help carry to God?

3. In what ways does my response reflect God's calm and care?



Journaling Prompts

1. Recall a moment when you felt safe sharing your emotions. What made it safe?

2. Identify an area where you can improve your emotional support for children.

3. Plan a way to demonstrate God's presence to a child today.



Prayer for Today

Father, thank You for being our ever-present refuge. Help me become an extension of Your safe embrace for children, offering peace and comfort as they express big feelings. Teach me to calm anxious hearts by pointing them to Your steadfast love. May our homes and hearts be harbors of Your grace.

Amen.   





Day 3: Teaching Words for Emotions



Your Verse

Ephesians 4:29 – “Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up.”

Supporting Scriptures

- *Proverbs 15:1 – “A gentle answer turns away wrath, but a harsh word stirs up anger.”*
- *James 1:19 – “Everyone should be quick to listen, slow to speak and slow to become angry.”*



Devotional: Words That Build Up Emotionally

Children often struggle to name their emotions, which can lead to frustration or outbursts. Teaching them words to describe feelings equips them with tools for self-expression and self-control. Ephesians 4:29 reminds us to use words that build up rather than tear down—a principle to model when teaching children how to talk about emotions.

A gentle answer can diffuse anger, according to Proverbs 15:1, making it essential we coach children toward kindness and patience. James 1:19 exhorts us to be quick listeners and slow to anger, a practice that cultivates emotional awareness and healthy communication patterns.

By encouraging children to express emotions with words, we help develop empathy and reduce emotional overwhelm. This skill paves the way to resolving conflicts and growing in God's peace.



Reflect and Apply

1. How do I respond when children struggle to name their feelings?

2. What words or phrases can I teach children to express emotions constructively?

3. Am I modeling gentle and patient communication in emotional moments?



Journaling Prompts

1. List emotional words you want children to learn (e.g., frustrated, anxious, joyful).

2. Write about a time gentle words de-escalated tension.

3. Create a short list of positive phrases to encourage in emotional moments.



Day 3: 🗣️ Teaching Words for Emotions

Prayer for Today

Lord, give me the words to help children express their emotions clearly and kindly. Teach me to listen with patience and to respond with grace. May my speech build up rather than break down, and may the children I guide learn to use words that reflect Your love and peace. Amen. 💬 🌸 🙏





Day 4: 🌱 Practicing Patience and Grace



Day 4: 🌱 Practicing Patience and Grace

Your Verse

Galatians 5:22-23 - “But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.”

Supporting Scriptures

- *Colossians 3:12 - “Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.”*
- *Romans 12:12 - “Be joyful in hope, patient in affliction, faithful in prayer.”*



Devotional: Embodying Spirit-Filled Patience for Children

Patience and grace are vital when helping children manage big emotions. Galatians 5:22-23 lists qualities of the Spirit that caregivers should nurture in themselves and encourage in children. Practicing gentleness and self-control, even amid emotional upheaval, sets a powerful example.

Colossians 3:12 calls us to clothe ourselves in compassion, patience, and humility. These garments help create a nurturing environment where children feel valued and understood. Romans 12:12 encourages persistence in patience and prayer, reminding us these qualities are cultivated over time.

By showing patience during children's emotional storms, we teach them empathy and grace. This daily practice builds trust and helps children grow emotionally resilient and spiritually grounded.



Reflect and Apply

1. Do I consistently demonstrate patience when children show strong emotions?

2. How can I better embody the fruit of the Spirit in emotional situations?

3. What grace do I need to extend to myself and the children I guide?



Journaling Prompts

1. Describe an emotional moment where patience made a difference.

2. Write down which fruit of the Spirit you want to grow in as a caregiver.

3. Plan one way to pray for greater patience and grace this week.



Day 4: 🌱 Practicing Patience and Grace

Prayer for Today

Holy Spirit, cultivate in me patience, gentleness, and self-control. Help me respond to children's emotions with grace reflecting Your fruit. Teach me to cherish each moment as an opportunity to show Your love and to nurture resilient hearts. Amen. 🍇 🌱 🕊️





Day 5: 🌈 Encouraging Emotional Expression Through Play



Day 5: 🌈 Encouraging Emotional Expression Through Play


Your Verse

Mark 10:14 – “Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these.”

Supporting Scriptures

- *Proverbs 17:22 – “A cheerful heart is good medicine, but a crushed spirit dries up the bones.”*
- *Psalms 127:3 – “Children are a heritage from the LORD, offspring a reward from him.”*



Day 5:  Encouraging Emotional Expression Through Play

Devotional: Play as God's Pathway for Emotional Growth

Play is a natural way children express emotions and process experiences. Jesus welcomed children wholeheartedly (Mark 10:14), demonstrating the importance of honoring their ways of communication. Encouraging play allows feelings to surface safely and creatively.

Proverbs 17:22 tells us a cheerful heart acts like good medicine. Play fosters joy and healing for emotional wounds, while suppressing expression can lead to frustration. By valuing play as part of emotional health, we affirm children as God's precious heritage (Psalm 127:3).

Consider incorporating imaginative and physical play that lets children explore feelings like anger, sadness, happiness, and fear. This playful engagement guided in love teaches children they are understood and cherished.



Reflect and Apply

1. How have I seen children express emotions through play?

2. In what ways can I create space for healthy emotional play?

3. How does reminding children of their value in God's kingdom affect their confidence?



Journaling Prompts

1. List types of play that help children express emotions.

2. Write about a favorite childhood play memory that involved big feelings.

3. Plan a play activity to encourage emotional expression for a child.



Day 5: 🌈 Encouraging Emotional Expression Through Play

Prayer for Today

God, help me to honor the ways You created children to express their feelings through play. Guide me to encourage joyful, healing activities that nurture their emotional wellbeing and remind them they are Your treasured children. May their hearts be filled with Your delight. Amen. 🎲 🎨 ✨





Day 6: Modeling Peace in Emotional Storms



Your Verse

John 14:27 – “Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”

Supporting Scriptures

- *Philippians 4:6-7 – “Do not be anxious about anything... And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”*
- *Romans 15:13 – “May the God of hope fill you with all joy and peace as you trust in him.”*



Devotional: Being a Peaceful Anchor for Children

Children look to adults to model how to respond to strong feelings. Jesus' promise in John 14:27 is profound: His peace is unlike any the world offers. In moments of emotional storms, caregivers who embody that peace become anchors for children.

Philippians 4:6-7 encourages releasing anxiety to God, allowing His peace to guard our hearts and minds. When children see us practice calm prayerful presence, they learn they too can turn to God for peace. Romans 15:13 blesses us with joy and peace as we trust God, a trust worth passing on to children.

Modeling peace doesn't mean emotions won't arise, but it does mean we can respond without panic or harshness. This steadiness teaches children their feelings are safe and manageable with God's help.



Reflect and Apply

1. How do I show peace when children have big emotions?

2. What spiritual practices help me maintain calm in emotional moments?

3. How can I teach children to find their peace in God?



Journaling Prompts

1. Recall a stressful moment with a child and how your response impacted them.

2. List ways to cultivate godly peace in your daily life.

3. Write a prayer asking God to help you be a peaceful presence.



Day 6: 🕊️ Modeling Peace in Emotional Storms

Prayer for Today

Jesus, fill me with Your peace that surpasses all understanding. Help me remain calm and steady amid emotional storms, so children will look to You through my example. Teach us together to trust You and rest in Your unshakable presence. Amen. 🌿 🕊️ 💙





Day 7: ✨ Celebrating Emotional Growth Together



Your Verse

Philippians 1:6 – “He who began a good work in you will carry it on to completion until the day of Christ Jesus.”

Supporting Scriptures

- *Zephaniah 3:17 – “The LORD your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing.”*
- *1 Thessalonians 5:11 – “Therefore encourage one another and build each other up.”*



Devotional: Rejoicing in Emotional Progress and God's Work

Growth in handling big emotions is a journey worth celebrating. Philippians 1:6 assures us God is faithful to complete His work in every heart, including those of children. As caregivers, rejoicing in progress—even small steps—encourages children and reflects God's delight in them.

Zephaniah 3:17 paints a beautiful picture of God rejoicing over us with singing. Celebrating emotional victories communicates worth and motivates continued growth. 1 Thessalonians 5:11 encourages us to build one another up, fostering an atmosphere of encouragement and love.

Today, look for ways to affirm and celebrate emotional milestones in children. This builds their confidence, deepens trust, and reflects the joy God has in each one of us.



Reflect and Apply

1. How do I currently celebrate emotional growth in children?

2. What does it mean that God rejoices over us as we grow?

3. How can I be an encourager in the emotional journey of a child?



Journaling Prompts

1. Write about a recent emotional growth victory in a child's life.

2. Describe ways you can celebrate emotional milestones regularly.

3. Plan a prayer or action to encourage a child in their emotional journey.



Day 7: ✨ Celebrating Emotional Growth Together

Prayer for Today

Gracious God, thank You for the work You are doing in every child's heart.
 Help me celebrate emotional growth with joy and encouragement. May Your
 delight in us inspire hope and confidence as we walk together in this journey.
 Teach me to build up and affirm Your precious children always. Amen. 🎉❤️





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