Managing Our Emotions helps children learn about their emotions and accept God’s gift of their entire range of emotions (sadness, joy, excitement, fear, and frustration to name just a few) through four two-hour sessions.

Authors Trudy Rankin and Faye Wilson designed the four sessions to help children (and leaders) explore both positive and negative emotions. The study uses scripture memorization, Bible study, and prayer, as well as exercises such as “tapping,” or the Emotional Freedom Technique, to help children manage feelings in a positive and healthy way.

This study encourages all of us—participants and study leaders alike—to be aware of our feelings, understand what the Bible teaches us about the role of feelings in our lives, find ways we can cultivate strength to deal with challenges, and discover a community in which to celebrate.