

Come Follow Me FHE

About This Download

PRINTING

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Choosing Happiness over Anger

ALMA 61

Before your lesson, slip a pebble or small rock into one of your child's shoes.

Hand your child a sucker or piece of candy to suck on. While they are savoring their candy, have them slip on their shoes. Ask them to walk around while they eat their candy. After some time, ask your child how they are feeling. Are they happy they have a yummy treat that tastes so good or did they forget about it once they felt the uncomfortable rock in their shoe? Is the rock distracting them from the other good things they are experiencing?

Talk about how choosing happiness over anger is a choice. Relate this to Pahoran's experience of how he chose not to engage in anger, even when he was accused. Come up with strategies for your family to use when they feel anger to control their feelings and focus their thoughts on positivity and the Savior. Some examples could be: counting to 10 before you speak, keeping a gratitude journal, star breathing and more.