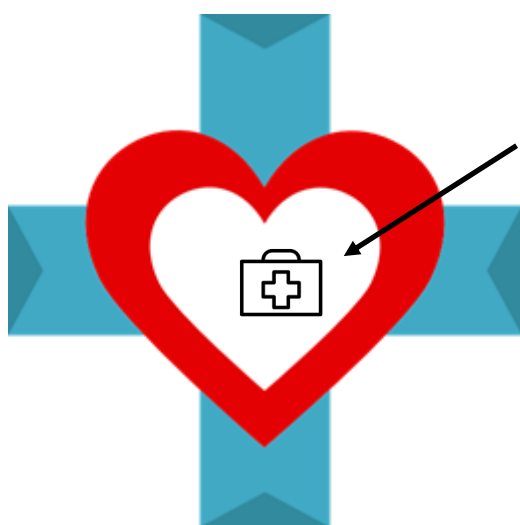


Kids Connect Grade 1-5
Healthy Heart Habits / Lesson 2
Habit #2 : Forgiving Heart

Family First Aid

- If you have a first aid kit or medical box bring it out or google first aid supplies
- Do you think we should know how to use the stuff in the first aid kit and why?
- Talk a about times when mom and dad had to use the first aid kit
- What would happen if we didn't give medical help in that situation?
- How would you feel if you desperately needed a band-aid and no one wanted to help you?

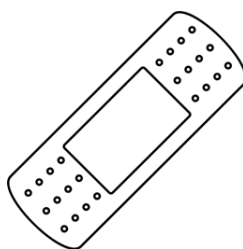
The tools in the first aid kit are there to help us when we are hurt. It helps us get better!



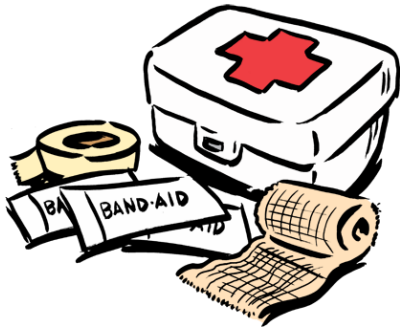
Forgiveness is a **first aid tool** God gives us to help our hurting hearts! Just like we need to take out the band-aid to put on the cut we need to take **forgiveness from Jesus** and **put it into our hearts** to help our hearts get better from the hurt and anger we feel there.

Highlight and Read **Col 3:13** in your bible.

- Cut out the heart
- Get a small band—aid or cut out the one below
- Stick it onto your heart
- Write the word: **FORGIVE** on the band— aid
- Put your heart somewhere you will see it everyday
- To help remind you to **use the forgiveness tool**



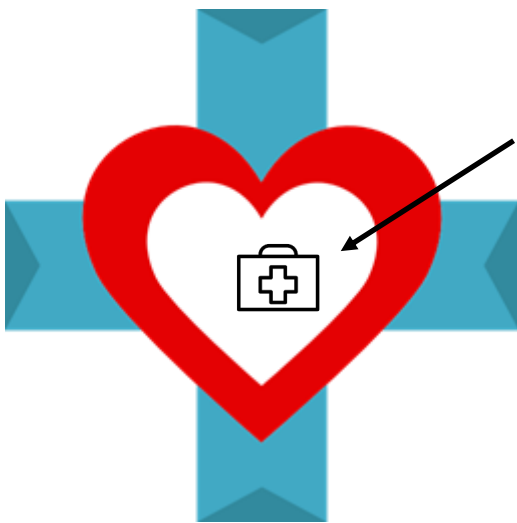
Kids Connect Graad 1-5
Gesonde Hart Gewoontes / Les 2
Gewoonte #2 : Hart wat vergewe



Familie Noodhulp kissie

- Kry julle noodhulp kissie of google die inhoud daarvan saam met jou ouers
- Dink jy ons moet weet hoe om die goed in die kissie te gebruik en hoekom?
- Gesels oor die kere wat ma of pa al die noodhulp goed moes gebruik vir julle kinders.
- Wat sou gebeur het as julle nie gehelp het in die situasies nie?
- Hoe sal jy voel as jy dringend n pleister nodig het en niemand wil dit vir jou gee nie?

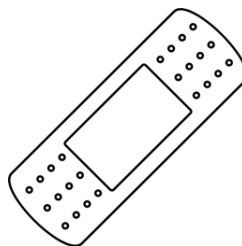
Die items in die noodhulp kissie is daar om te help as ons seergekry het. Dit help ons beter word.



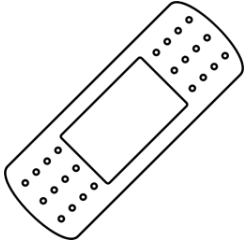
Vergifnis is soos die items in die noodhulp kissie. God gee dit vir ons om ons seer harte te help! Net soos ons 'n pleister uithaal om op 'n sny plek sit moet ons **vergifnis by Jesus kry** en dit **in ons harte sit** om ons harte te help beter word van seer en woede wat inkom.

Merk en lees **Kol 3:13** in jou bybel

- Knip die hart uit
- Plak n klein pleister bo op die hart of knip een uit
- Skryf: VERGEWE op die pleister
- Sit die hart nou iewers waar jy dit die hele tyd sal sien
- Sodat jy die week onthou om die VERGIFNIS noodhulp te gebruik vir jou hart



XP Connect Grade 6,7
Healthy Heart Habits / Lesson 2
Habit #2 : Forgiving Heart



Write down 5 things that have hurt you or made you angry in the last month:



What will happen to your heart if you do not get rid of this pain or anger?
Read Heb 12:13

Bad Hear Habit = B _ t _ e _ Heart



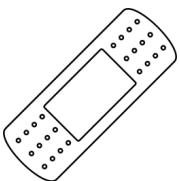
Jesus forgives me = I forgive others = keeps my heart healthy

Heathy Heart Habit #2
practice forgiving every day

Read Col 3: 13

Let's practice good habits:

Remember the 5 things you wrote down at the top of the page. Pray and tell Jesus you forgive the people who hurt or angered you. Ask Him to heal your heart from the bitterness that is inside.



Band-aid Challenge:

Wear a band-aid on your finger to remind you today to practice forgiveness!