

## **WEEK 1**

**Movie:** Inside Out 2

**Main Point:** Dealing with emotions and anxiety

**Verse:** Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. - Philippians 4: 6-7

### **Questions to ask your child:**

- What is an emotion/feeling you felt today or this week?
- What made you feel that way?
- Who can we talk to when we feel scared?