



SMALL GROUP LEADER GUIDE

Peace • Week 2 • Inner Peace



Emcee
Leads



Small Group
Leader Leads



Video
Leads



Countdown Timer

5 min

Start video when experience begins • Tidy room • Get into a small group with your kids



Small Group Welcome

3 min

Get kids talking • Help each kid in your small group feel seen and heard

- **Introduce** yourself and **welcome** kids by name.
- **Catch up** on prayer requests and life events.
- **Talk about** welcome question: **What's it like to be stuck in a place that's really crowded?**



Theme Song

1 min

Sing and dance along • Encourage your small group to join in



Emcee Intro Konnection

30 sec

Focus your small group on emcee



Rules Video

1 min

Focus your small group on video • Encourage kids to count out and say each rule with video



Emcee Giving Konnection

30 sec

Focus your small group on emcee



Offering Teaching Video

90 sec

Focus your small group on the video • Follow campus procedure to collect offering



Worship Teaching Video

1 min

Focus your small group on video • Stand with your kids when video prompts you to



Worship Music Videos

≈ 6 min

Sing and dance along • Encourage your small group to join in

- Shine a Light Remix
- My Life His Story



Emcee Activity Konnection

30 sec

Focus your small group on emcee



Small Group Activity

9 min

Have fun doing activity with your small group

You'll Need

Per Kid	1 Jumping frog toy
Per Group	3 Paper plates 1 Marker

After Activity

Kids Keep	Their frog
You Keep	Plates and marker (save to reuse)

To Do

1. If it's not done already, **write** "BODY" on one plate, "MIND" on another, and "SPIRIT" on the third.

Say: When we follow Jesus, God's peace is always with us, but it's hard to feel if we don't take care of ourselves. Let's see how to take care of our body, mind, and spirit.

2. Kids **sit** in a circle. **Place** paper plates in the middle.
3. **Read** an item from the activity supplement on back.
 - If the item is a way to care for your body, kids **make their frog jump** onto the "BODY" plate.
 - If the item is a way to care for your mind, kids **make their frog jump** onto the "MIND" plate.
 - If the item is a way to care for your spirit, kids **make their frog jump** onto the "SPIRIT" plate.
4. **Note:** Keep the activity open-ended, as there is not one correct answer for each round. Let kids share their ideas about their answers.
5. **As time allows, continue playing** the game.
6. **Collect** frogs if needed to help kids focus, but return them at Check Out to take home!



Emcee Point Konnection

30 sec

Focus your small group on emcee



Konnnect HQ Teaching Show

≈ 17 min

Focus your small group on video as you watch it together



Konnnect HQ ABCs

1 min

Focus your small group on video • Help kids say admit, believe, and choose with video



Emcee Wrap-Up Konnection

30 sec

Focus your small group on emcee



Small Group Talk & Prayer

13 min

Get kids talking • Pray with your small group • Build relationships

Review the Point:

Healthy habits and prayer remind me that I've got God's gift of peace inside me.

Review the Verse: *Locate Bibles in the room, look up the verse together, and talk about what's the same and what's different if it's in a different translation.*

Philippians 4:6-7 NIRV ... *tell God about everything. Ask and pray, and give thanks to him. Then God's peace will watch over your hearts and your minds. ...*

- What do you think people can learn from this verse?

Choose a question to get your group talking:

- How do you think people feel when they don't take care of themselves?
- When you are feeling upset, unsettled, or anxious, what are you good at doing to take care of yourself?
- What do you need to tell God about to help your heart and mind feel peace?

Pray Together:

- **Ask** kids what they'd like to talk with God about.
- **Lead** prayer or help kids **pray** for each other.

What to do with extra time:

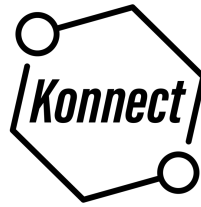
- **Help** kids **talk** with each other and **build** friendships. **Play** a game like *Charades* or *Duck, Duck, Goose*.



Check Out

≈ 10 min

Greet parents • Praise kids • Stay in small group until check out ends



BODY, MIND, SPIRIT ACTIVITY SUPPLEMENT PEACE // WEEK 2 // INNER PEACE

Ideas for ways to take care of your body, mind, and spirit:

- Slowly take 10 deep breaths
- Talk with someone you trust
- Notice what you can see
- Write or draw things you are thankful for
- Repeat a Bible verse that helps you calm down
- Touch something and notice how it feels
- Take a shower or bath
- Count to 100 slowly
- Say some ways God made you special
- Take a break to think of a few of your favorite things
- Play with some toys
- Think about some good things God has done
- Pray with a friend
- Read a book you like
- Take a drink of water
- Notice what you can smell
- Eat a healthy snack
- Do some jumping jacks
- Rest or take a nap
- Think about what emotion you are feeling and name it
- Block out noises with your hands or headphones
- Bounce a basketball
- Imagine your favorite place
- Take a walk
- Squeeze your hand into a fist and relax it
- Sing a song you love
- Talk to God about the things that are upsetting you
- Hang your head upside down for a minute
- Notice what you can hear
- Listen to music about Jesus
- Stretch out different parts of your body
- Pray for yourself
- Rock in a rocking chair