

Anxiety Elephants for Tweens Leader Guide
Stomping Deeper

-Caris Snider-

Topics

Practical Coping Skills through God's Word/Faith

Days: 1, 4, 5, 23, 29, 34, 38, 44, 46, 50, 51, 52, 53, 57, 79, 90

Hiding/Burden

Days: 2, 12, 15, 22, 43, 47, 49, 71, 72, 83

Bullying

Days: 3, 30, 36, 66

Overwhelmed/Stress/Perfection/Control/Worry

Days: 6, 7, 24, 28, 35, 37, 76

Feeling Stuck/Troubles/Adversity

Days: 8, 68, 69

Fear

Days: 9, 16, 17, 18, 20, 25, 27, 40, 42, 55, 56, 58, 60, 61, 64, 67, 75, 81, 86

Doubting Worth/Purpose

Days: 10, 32, 45, 62, 80, 82

Anxious Thoughts

Days: 11, 13, 14, 21, 33, 39, 41, 65, 78, 87

Community/Help

Days: 19, 31, 48, 54, 59, 63, 70, 74, 84

Helping Others

Days: 26, 73, 77, 85, 88, 89

How to Use

This leader's guide has been prayerfully prepared to help you stomp deeper with your tweens to deal with anxiety through the lens of faith. Each day of the devotional has been placed into one of ten topics. You can focus on one topic over several weeks, or pull days from multiple topics to teach. You will need to study and prepare by reading the devotional day along with this guide.

The format is simple and allows room for you to make changes in a way that fits your time and group best.

Each lesson begins with the scripture reference from that devotional day. Have it pulled up and ready to be read by you, a tween, or another leader.

Activities, presented next, are given in a format of playing a game, building community, time with God, or sensory driven. Different types of activities are introduced to give you a variety in planning. The ideas for each day are not required and can be adjusted. You know your group, so prepare accordingly.

The Stomp Points are main ideas pulled from each day to give you guidance on where to lead your lesson focus. The Holy Spirit may point you in a different direction according to what your group is facing. Be obedient to his gentle leading.

Discussion Questions are designed to use in a small group setting. After you have spent time as a large group looking at main ideas, separate your tweens into groups of 3-5. Have leaders

prepared to facilitate these discussions. Silence may feel uncomfortable at first, but give space for tweens to process what they are being asked. It may be helpful for leaders to share personal experiences to help tweens see they are not alone.

The Soft Stomp at the end of each lesson is an opportunity for students to journal what they are learning, thinking, or feeling. By beginning this skill, the habit of wanting to hide and suppress is not taking hold. Instead, they are practicing how to pour out to the Lord so He can fill them with His love and truth.

Thank you for diving deeper into the topic of faith and anxiety. You are following God's command as you train up this younger generation. They will leave their time with you equipped in how to respond to anxious thoughts and feelings. Most importantly, they will leave rooted in God's teachings, and this will guide their life forever.

You are here for such a time as this!

-Caris Snider-

Section 1

Practical Coping Skills through God's Word/Faith

Day 1

Scripture Reference: John 1:5, ESV

Activity: Flashlight Tag

Items needed: Open Space, Flashlights

How to play: Divide tweens into two groups. Have a base marked for them to reach before getting tagged by the other team with a flashlight. Turn the lights off, set a timer, and tag away!

Stomp Points:

-Personal story about being in the dark seeing something one way but then a different way once the lights were turned on.

-God's Word is flashlight in the darkness of anxiety

Discussion Questions:

Share an example of how shadows in the dark played tricks on your eyes.

What happened when you turned on a light?

How can God's Word shed light on anxiety you feel?

Soft Stomp:

Have paper or notebooks ready for your group, and ask them to write one way they want to use God's Word when they feel anxious.

Day 4

Scripture Reference: Isaiah 30:8, NIV

Activity: Head Doodling

Items Needed: Paper, pens or pencils

How to Play: Have tweens place the paper on top of their heads. Name an animal, item, or food for them to draw. Give thirty seconds. Play three to five rounds of this game.

Stomp Points:

-Define journaling

-Share examples of the importance of writing things down throughout history. Where would we be if men had not written what God told them for the Bible?

Discussion Questions

Describe what you heard in the room while everyone was drawing.

How would you define journaling?

How do you feel when you write or draw?

Soft Stomp:

Practice journaling. Give them a piece of paper or a notebook. Ask your group to write or draw how their day has been today. Give them the prompt to share one good thing and one bad. By giving guidance, you are helping them learn how to put journaling into practice.

Day 5

Scripture Reference: Job 32:8, NIV

Activity: The Straw Game

Items Needed: Table, straws, pom-pom balls

How to Play: Divide your group into two teams. Give each person their own straw. Place three pom-pom balls in the middle of the table. Have one opponent from each team come to their side of the table. First one to blow all three pom-poms to the other team's side wins. Play this game until everyone has had a turn. If your group is larger, pick a few volunteers from the crowd.

Stomp Points:

-God breathed His breath into us to create us

-Deep breathing is a practical exercise to get us out of our emotional brain and into our thinking brain

Discussion:

Have your group practice deep breathing together. Inhale slowly through the nose, and exhale slowly through the mouth three to five times.

How did this feel?

How can you put this practical skill into practice the next time you feel your heart racing from anxiety?

Soft Stomp:

Hand out paper or notebooks. Have your tweens journal their thoughts on deep breathing and how they want to practice this skill.

Day 23

Scripture Reference: John 3:16, ESV

Activity: The 3 Cup Experiment

Items needed: Six clear cups, iodine, water, bleach

How to engage: In one cup, fill it half full with water. In the second cup, mix it with 90% water and 10% iodine. In the third cup, mix it with 90% water and 10% bleach. Ask them what they think will happen if you pour the iodine mixture into the plain water cup and the bleach mixture into the water cup. Do the experiment with them. Then take your other three prepared cups. Have the water cup labeled US, iodine mixture labeled SIN, and bleach mixture labeled Jesus. This is where you will move into your Stomp Points. Make sure to practice.

Stomp Points:

-Do your three mixtures and talk about how sin hurts us. Have them define sin. Pour the sin cup into the US cup.

-Share how Jesus washed our sins away when He died on the cross. Salvation comes through Him. Pour the Jesus mixture into the Us cup and wait for their reaction as it turns clear. Walk them through turning their lives to Christ

Discussion:

Share your testimony of salvation

Ask them what it means to them that Jesus gave up everything to die on the cross and take our place.

Have them bow their heads and close their eyes to give anyone a chance to make this decision.

Soft Stomp:

Hand out paper or notebooks. Have everyone journal their thoughts on Jesus choosing to die for them.

Scripture Reference: Proverbs 22:6, NIV

Activity: Red light, Green light

Items needed: Open Space

How to play: This will be a different version of a classic game. You will begin the game by lining the kids up and having them march in a circle. Spread the circle across the entire room. Tell them all the commands they will follow only once. They must follow the commands you yell out. If they do not follow the command, they are out. As the game goes on, call commands faster and faster to see who can remember each command.

Red Light-Stop

Yellow Light-Crawl

Green Light-March faster

Parking-Sit

Flashing Light-Jump

Stomp Points:

-Training in how to respond to anxiety/pressure is our job as adults to equip you in this season of life. You won't know the correct way to respond if we do not train you.

-The Bible is full of practical ways to respond to difficult situations

Discussion

If you were being honest, were you paying attention to the commands given for the game?

When the game got faster, did you feel more pressure to respond?

How does it help you to know God has put adults in your life to train you up even when you may not like it?

Soft Stomp: Have paper or notebooks ready. Ask your students to write down the name of three adults they feel safe talking to.

Scripture Reference: Matthew 9:21-22, ESV

Activity: Trust Fall

Items Needed: Open space

How to Play: Have the kids partner up. Count to three and have them take a trust fall into the arms of their partner. Do this several times having your group swap partners.

Stomp Points:

-Talk about the woman with the issue of blood and what life was like for her, as a woman, being isolated from everyone and the true risk she took leaving her home to go see this Jesus she had heard about. -She didn't know what was going to happen, but she took this step of faith believing for healing.

-Share how powerful faith is in helping to move the mountain of anxiety out of our lives.

Discussion questions:

Were you scared to fall back into your partner's arms? Why?

Does it feel scary to you to take faith steps?

How can you follow the example of the woman in our scripture and walk in faith?

Soft Stomp:

Have paper or notebooks ready. Ask your students to journal about a faith step they want to take in their lives knowing Jesus will help them.

Day 38

Scripture Reference: Isaiah 40:31

Activity: Soar Like Eagles

Items Needed: Open Space

How to Play: Break your group into two teams. Share with them how eagles soar on the air currents to rise and glide through the air instead of over-flapping their wings. Then, have teams line up to speed walk through an obstacle course flapping their arms like eagles. First team to get all members across the finish line, wins.

Stomp Points:

-The attack of anxiety elephants can feel exhausting, especially when we keep it to ourselves.

-Share more about the soaring of eagles and how little effort is required from them to move about in the air.

-Remind students God gives us this same strength and hope when we lean on His power to carry us through anxious times.

Discussion questions:

Have you ever felt exhausted from anxiety?

How does it feel knowing you can lean on the hope of the Lord to carry you through?

Soft Stomp: Have paper or notebooks ready. Ask your students to journal about having hope.

Day 44

Scripture Reference: 2 Chronicles 20:12b, ESV

Activity: A Time of Worship

Items Needed: Music and Space

How to engage: Take a couple of minutes to talk about worship. Choose 2-3 of your favorite worship songs. Take time to sing and worship together. Use the last song as a moment of prayer and reflection.

Stomp Points:

-Discuss the story of King Jehoshaphat more in-depth from 2 Chronicles 20:1-23

-Point out his dependence on God in a time of unknown and what God revealed.

Discussion questions:

Ask students what it must have felt like for Jehoshaphat to wait on the Lord while the enemies were closing in.

How can we learn from his example when anxiety attacks and we don't know what to do?

How powerful can worship be for you in your life right now?

Soft Stomp:

Have paper or notebooks ready. Ask your students to journal with worship music playing and have them write down some worship songs they will add to their playlists.

Day 46

Scripture Reference: Zephaniah 3:17, ESV

Activity: Get Crafty with Scripture

Items Needed: Construction paper, markers, colorful pens, glitter, stickers, glue, and scissors

How to engage: Have students create a fun scripture paper by writing out Zephaniah 3:17.

Allow freedom to cut it out in whatever shape they choose. Put markers, stickers, and glitter to use until they get their project complete. Guide them in making a decision to place the paper where they will see it every day.

Stomp Points:

- Ponder sitting in God's presence with your group.
- Remind them of His power and might.
- Drive home the point God rejoices over each and every one of them.

Discussion questions:

How does it make you feel to hear God is rejoicing over you?

Do you believe God really loves you?

By knowing His love for us doesn't change because we may experience anxiety, how can this help you run to Him instead of hiding away from Him?

Soft Stomp: Have paper or notebooks ready. Ask your students to write about how it makes them feel to realize how much God loves them and is singing over their life.

Day 50

Scripture Reference: Isaiah 43:1, NIV

Activity: Musical Chairs

Items needed: Space, chairs, and music

How to Play: Begin with chairs in a circle facing outward. Start with one less than the total number in your group. Play the music and have students walk around in a circle until the music stops and then sit in a chair. Play as many rounds as needed having them change seats each time, removing a chair, until you finally have a winner.

Stomp Points:

-Share a personal story of how change brought about good in your life.

-Dive into the scripture focus and talk about how God is making a change in their life and anxiety no longer dictates how they respond.

Discussion Questions:

Is change hard for you? How have you seen God using change for good?

What are some things you can change in response to anxiety?

Soft Stomp:

Have paper or notebooks ready. Ask your students to write about positive changes God has helped them make and new changes they want to add to stomp out Anxiety Elephants.

Day 51

Scripture Reference: Isaiah 43:19, ESV

Activity: Change

Items needed: Space and chairs

How to play: Have your group sit in a circle. Call out different commands for them to change chairs. A few examples: Change chairs if your birthday is in December. Change chairs if you are wearing flip flops. Change chairs if you were born in this state. Change chairs if you have a sibling. Change chairs if you are an only child. Yell out FRUIT BASKET TURNOVER for everyone to change chairs. Have fun with this one!

Stomp Points:

-Discuss the excitement of walking in a new way with God in our faith.

-Talk about the importance of how we start out our mornings; by changing one simple thing to do in a new way makes a big difference.

Discussion Questions:

What does your morning routine look like, currently?

How can you move into a new way of spending time with God?

Soft Stomp:

Have paper or notebooks ready. Ask your students to journal their plan of one new thing to do in the mornings.

Day 52

Scripture Reference: Genesis 2:3, ESV

Activity: Board Games

Items Needed: Space, 4-5 classic board games

How to engage: Split your students into 4-5 groups. Have them spend time playing classic games instead of logging into electronics.

Stomp Points:

- Discuss the difference between rest and being lazy.
- God gives us the example of making room for rest in our lives.
- Share with students the real value of disconnecting from electronics.

Discussion Questions:

If you were being honest, how hard is it for you to rest? Would you rather be busy with activities or are you ok with space to pause and be still?

How hard is it to disconnect from your devices? Why?

What is one way you will choose to disconnect for one day?

Soft Stomp:

Have paper or notebooks ready. Ask your students to journal about the difficulties of disconnecting from their electronics and one way they are going to work through this to make space for rest.

Scripture Reference: Acts 16:25-26, ESV

Activity: Finish that lyric!

Items needed: Space, buzzer, worship songs

How to play: Divide your group into two teams. Have one player from each team up at a time.

Play part of a worship song until one player buzzes in. Once they hit the buzzer, stop the song and see if they can finish the lyric. You could also play this game where they give the title of the song or artist.

Stomp Points:

- Discuss more in-depth the story of Paul and Silas getting thrown into jail in Acts 16:16-34.
- Paul and Silas chose to focus on God instead of the darkness and hard things around them.
- Their prayers and worship broke chains off of all the prisoners around them.

Discussion Questions:

Have you ever felt like Anxiety Elephants beat you up? Was this scary for you?

How can putting our focus on God in those moments help us?

What are some worship songs and scriptures that help you when you feel anxious?

Soft Stomp:

Have paper or notebooks ready. Ask your group to journal about how choosing to pray and worship God will help them through an anxious, scary moment.

Day 57

Scripture Reference: Ecclesiastes 8:15, NIV

Activity: Diggin in the Dirt

Items Needed: Shovels, dirt, big paint brushes, items to hide in the dirt, buckets, large containers

How to engage: Split tweens into several groups. Give them time to dig in the dirt and discover different items you have hidden. They may find small cars, packs of candy, stickers, gum, etc.

Stomp Points:

-Share a personal story of something fun you enjoy.

-Discuss how joy helps us conquer anxiety.

Discussion Questions:

What do you like to do for fun?

How did it feel digging in the dirt?

How does it feel knowing God wants you to have fun and enjoy your life?

Soft Stomp: Have paper or notebooks ready. Ask your students to write about fun things they can do to enjoy life.

Day 79

Scripture Reference: Romans 6:6, NIV

Activity: It's Invisible (Invisible Ink)

Items needed: Lemons, plastic cups, paint brushes, paper, blow dryer

How to engage: Cut half a lemon and squeeze it into a cup. Begin to talk about sin and ask the kids for examples: Hit, lie, steal, disrespect, bullying. Paint these sins on the paper by putting the paint brush in the lemon juice. Use a hair dryer to warm the paper and reveal the sin. If you have enough supplies, allow the tweens to participate with you.

Stomp Points:

- Define sin.
- Remind students God is not mad at them because Anxiety Elephants are attacking them.
- They are no longer slaves to old ways of responding to anxiety. Instead of hiding it, confess.

Discussion Questions:

What are some negative ways of responding to anxiety? (Examples could be hiding, lying, avoidance, lashing out at others)

What are some positive ways to respond to anxiety?

Soft Stomp:

Have paper or notebooks ready. Ask students to journal a confession of negative ways they have responded to anxiety and one positive way they want to implement.

Day 90

Scripture Reference: Romans 8:1, NIV

Activity: Who Can Stay the Longest

Items needed: Space

How to play: Split your group into boys and girls. Play a few rounds to see who can out last the other. Have them stand on one leg, hold out their arms, wall sit, run in place, hold their breath, and pat their heads/rub their stomachs as a few examples.

Stomp Points:

-Discuss the value of learning new daily habits in reading scripture, praying, journaling, and worshipping.

-Drive home the point God does not condemn us.

-Remind students to continue working on daily habits to combat the Anxiety Elephants

Discussion Questions:

How many days do you think it takes to create habits?

How are you creating new habits in your walk with Christ?

How do these new habits help stomp out anxiety?

Soft Stomp:

Have paper or notebooks ready. Ask your students to write about their new habits and commitments to growing in their walk with Christ.

Section 2

Hiding/Burden

Day 2

Scripture Reference: Matthew 11:28, NASB

Activity: Hide n Seek

Items Needed: Open space inside or outside

How to Play: Have two taggers. Give those hiding 30-60 seconds to find a spot. Taggers search for the hidiers before they can make it to base. Play several rounds with clear guidelines to follow.

Stomp Points:

-Jesus invites us to come to him instead of to hide away.

-Talk about how anxiety can cause a rapid heart rate and breathless feeling.

-Jesus is our base to seek out when an attack comes.

Discussion Questions:

Have you ever experienced an anxiety attack causing your heart to beat fast or loose breath?

What did this feel like?

What have you learned from our Bible Verse to do differently when you think you need to hide?

Soft Stomp:

Have paper or notebooks ready. Ask your students to journal how it makes them feel knowing

Jesus invites them to come into his presence instead of hiding when an attack comes.

Day 12

Scripture Reference: John 11:35, NIV

Activity: Hot Potato

Items Needed: Potatoes, timer, chairs

How to Play: Have tweens sit in chairs or on the floor. Begin your timer and pass the potato around the circle. Use a timer they can hear beating faster as it approaches the buzzer to end. Whoever has the potato last is out. Play until one person is left as the winner. You may have time to play more than once.

Stomp Points:

-Jesus cried.

-His example shows us we do not have to push down our emotions. It is ok to have a moment instead of an explosion.

-Discuss what can happen if we do push down our emotions until there is no room left inside.

Discussion Questions:

Do you ever let yourself cry?

What do you think about Jesus weeping?

How does this show you to respond differently to anxious or difficult situations?

Soft Stomp: Have paper or notebooks ready. Ask your students to write about a time they cried.

Day 15

Scripture Reference: Psalm 34:18, ESV

Activity: Sardines

Items Needed: Open Space

How to Play: Pick one person to hide. Give them 30-60 seconds. Once they are in place, have everyone else look for them before they make it to base. Play this game 3-5 times.

Stomp Points:

- Jesus is near to the broken-hearted. He doesn't leave us to hide alone.
- Share a time where you felt alone and Jesus made His presence known to you.
- Remind students it is the right thing to do to talk about everything going on inside.

Discussion Questions:

Have you ever felt lonely?

How does it help you to know Jesus wants to walk through the loneliness with you?

What is one way you can deal with anxiety when it makes you feel like no one understands?

Soft Stomp:

Have paper or notebooks ready. Ask your tweens to journal what loneliness has felt like for them and how they will take it to Jesus the next time Anxiety Elephants try to silence them.

Day 22

Scripture Reference: Genesis 3:9-10, NIV

Activity: Find the Prize

Items needed: Paper, prizes, space to spread out

How to play: Have 3-4 adults involved in this game. Split students up into groups with the adults. Give each group their first clue in finding the prize. Set up three to five additional locations with clues. Have each group finish in a different location to find their prize.

Stomp Points:

- We have been hiding since the beginning. Discuss how this happened.
- Give students permission to open and up and share if they have felt or are feeling anxiousness.
- Remind them of God waiting with open arms as well as safe adults in their life.

Discussion Questions:

Honesty time. Who has ever dealt with anxiety?

How does it feel to know you are not alone?

Discuss safe adults to go to if they are struggling with anxiety right now. This could be parents, children's ministry leaders, or a counselor.

Soft Stomp:

Have paper or notebooks ready. Ask your group to write about how it feels to be honest about anxiety, and to make a list of safe adults in their life they can talk to.

Day 43

Scripture Reference: Mark 10:14

Activity: Speed Friending

Items needed: Space

How to play: Put boys in a group and girls in a group. Partner them up two by two. Give them questions to ask each other to help get to know one another. Every 60 seconds, switch and move to a new partner. Play until all the girls have spoken together and same for boys.

Stomp Points:

-Jesus wants to talk to them.

-Jesus was very specific in our Bible Verse to not hinder children from coming to him.

Discussion Questions:

Close your eyes and imagine Jesus sitting in front of you in your room. What all would you talk about with him?

Did you know that even though we can't physically see Him we can still have these conversations through prayer?

Soft Stomp:

Have paper or notebooks ready. Ask your tweens to journal a conversation with Jesus.

Day 47

Scripture Reference: Psalm 22:24, ESV

Activity: Holding All the Things

Items Needed: Random items for students to hold such as books, stuffed animals, plates, balls, clothing, shoes, hats, toys, etc

How to Play: Split your group in 2-3 teams for a relay race. They must hold everything in their hands without dropping it going around the course you lay out. Each team member must do the same. If someone drops items before returning back to home, they must start again. First team to have all team members cross the finish line successfully, wins.

Stomp Points:

-Jesus does not despise us for struggling with anxiety.

-Students do not have to hold their troubles tightly anymore.

-Encourage students to release so they can make space to hear from the Lord.

Discussion Questions:

What was it like trying to carry all the things during the game?

Have you ever thought of yourself unworthy of God's help?

How does it help you knowing Jesus does not despise your affliction?

Soft Stomp:

Have paper or notebooks ready. Ask your students to journal and release their troubles to God.

Day 49

Scripture Reference: Psalm 94:19, NIV

Activity: Quiet time with God

Items needed: Open room and worship music

How to engage: This activity will need to happen after discussion. Have your group find a spot alone in the room. Turn worship music on and have them simply sit quietly through prayer or silence as they practice getting alone with God's presence.

Stomp Points:

-Anxiety will come through thoughts, feelings, or fear.

-Dive deeper into our verse telling us to turn to God's comfort in those moments.

-Share a personal story about sitting quietly in God's presence or a true testimony you have read from others.

Discussion Questions:

Have you felt anxiety from thoughts, feelings, or fear?

Did you know you could sit quietly in God's presence at your age?

How do you think we can do this?

Soft Stomp:

Have paper or notebooks ready. Ask your tweens to write about what it was like to sit quietly in prayer and worship as they begin to learn how to sit in God's presence.

Day 71

Scripture Reference: Romans 15:13, NIV

Activity: Keep the Balloon in the Air

Items needed: Several balloons and space

How to play: Divide your tweens into 3-4 groups depending on the size of your group. The object of the game is to keep the balloon in the air the longest avoiding the ground.

Stomp Points:

-God is putting a stop sign in the middle of your avoidance journey today.

-Hope may feel scary, but it is powerful and meant for you.

-Explain how to avoid avoidance

Discussion Questions:

What are some things in your life you avoid? (Examples: Test, homework, people, feelings)

How does it empower us to say out loud what we are feeling instead of hiding it?

Soft Stomp: Have paper or notebooks ready. Ask your students to write what they want to say out loud and no longer hide.

Day 72

Scripture Reference: Psalm 55:16-17, NIV

Activity: Listen for the Voice

Items needed: Open space and a blindfold

How to play: Split your group into pairs. Have one team member stand at the finish line with the other team member blind-folded. When you say “Go,” have each team member at the finish line yelling out to their partner how to move towards their voice to make it across the line. Have the teams swap roles and play again.

Stomp Points:

-Dive deeper into moments we may experience anxiety through separation and things we can do to be prepared in those situations.

-Read more of Psalm 55 as you share with students how David felt in the beginning and how he shifted in calling out to God.

Discussion Questions:

Have you ever felt anxious about being separated from your parents or friends?

What are some things you can do when separation anxiety sneaks in again?

Soft Stomp: Have paper or notebooks ready. Ask your students to write about new ways they will respond to anxiety they feel when they are not with their parents.

Day 83

Scripture Reference: John 15:15a, NIV

Activity: Invitation

Items needed: Computers, Canva, paper, pens, markers,

How to engage: Have the group create paper invitations to hand out to friends and invite them to church. Give them the option of creating e-vites on the computer to text out.

Stomp Points:

-God calls us His friend!

-Just like with our closest friends, God wants us to share everything with Him.

Discussion Questions:

How does it feel knowing God calls you a friend?

Do you have friends who need to know this same truth?

How could you share it with them?

Soft Stomp:

Have paper or notebooks ready. Ask your students to write down how it feels to know God calls them a friend and the name of a friend they want to share this good news with.

Section 3

Bullying

Day 3

Scripture Reference: 2 Corinthians 12:10, NIV

Activity: A Puzzle of Words

Items needed: Create puzzles in three different colors of paper using words a bully might say.

Create three more puzzles with tips on how to handle bullying

How to engage: Place your students into three groups. Give them one puzzle at a time and see which group is the fastest. Talk through the words they see on each puzzle. After each puzzle, award the winning group or groups.

Stomp Points:

-Share a personal story from a time in your life when you were bullied or witnessed it happening.

-God does not use our weaknesses against us but He becomes our strength through them.

Discussion Questions:

Have you ever been bullied or witnessed a friend being bullied?

Did you hide it or tell someone?

How can talking to someone if it happens in the future help you to find God's strength in those moments.

Soft Stomp: Have paper or notebooks ready. Ask your students to journal about a time they have been bullied or saw a friend being bullied. Encourage them to write about how they will be open and honest with God about their imperfections.

Day 30

Scripture Reference: Deuteronomy 3:22, NIV

Activity: Word Power

Items needed: Trace four outlines of a human on butcher paper

How to engage: Divide your group into boys and girls. Give them each one outline. Tell them to write down negative words or statements. Have each group read them out loud. Once they are done, crumple up the paper and have the group try to straighten them back out. This will represent how words can be hurtful to someone on the inside. Next, give them the other outlines and have them write positive statements that would be nice to say to others.

Stomp Points:

-Bullying is happening every day to someone. Describe what this could look like and symptoms they may experience. (Stomach ache, headache, nervous feeling inside, unable to sleep)

-Guide students in how to respond to bullying-telling a trusted adult is a very important, first step.

-Encourage them, through today's verse, that they do not have to be afraid any longer.

-Let students know they can talk to you and their group leaders right now if they are being bullied.

Discussion Questions:

What are ways people can be bullied?

Describe some ways to respond if this happens to you.

How can our Bible Verse help you if you feel afraid?

Soft Stomp: Have paper or notebooks ready. Ask your tweens to write today's verse and then list positive ways to respond if they are being bullied.

Day 36

Scripture Reference: Psalm 46:1, NIV

Activity: Toothpaste Game

Items needed: Toothpaste tubes, several paper plates, toothpicks

How to play: Split your students into 3-4 groups. When you say, “Go!”, have each group go as fast as they can to be the first to squeeze out all the toothpaste from their tube. When they think the game is over, have them try to push all the toothpaste back in using toothpicks. Use this game to show the importance of words and how once they are out, spoken or written, it affects hearts forever.

Stomp Points:

- Words can disappear from social media, but not our hearts.
- Dive deeper into ways social media can be used for harm such as cyber-bullying.
- God is their refuge when they feel trouble from social media. They can talk to him and a trusted adult.

Discussion Questions:

Are you on social media?

Have you ever noticed negative comments against yourself or others?

What do our actions and words need to look like while on different apps?

Soft Stomp: Have paper or notebooks ready. Ask your students to journal their thoughts on social media. Have them list important guidelines they can follow while using it.

Day 66

Scripture Reference: Proverbs 4:23, NIV

Activity: Did They Follow It?

Items needed: Internet search, buzzer, space

How to engage: Do some research and find examples from people taking crazy ideas off of social media and following it. Share these scenarios and what happened. Create some fake examples. Split your group into boys verses girls and see which group can get the most correct answers.

Stomp Points:

- Social media is not the best place to get direction for life.
- Average use of social media for students this age is around 5-7 hrs a day...a lot!
- Taking a break from social media platforms is a healthy way to remove pressure of the world social media can cause.
- Discuss how to guard their hearts while scrolling.

Discussion Questions:

How much time do you think you spend on social media or watching videos?

How can taking a break from social media be helpful for all of us?

What is one thing you can do to pull back from spending too much time on social media?

Soft Stomp: Have paper or notebooks ready. Ask your students to list one thing they will do to spend less time on social media and how many days they will try this.

Section 4:

Overwhelmed/Stress/Perfection/Control/Worry

Day 6

Scripture Reference: Mark 14:34a, NIV

Activity: Lifesaver Toothpick Game

Items needed: Lifesavers, disposable bowls, toothpicks, tables, space

How to play: Divide your group into two teams. Have players lined up behind their teammates. One team member at a time must transfer three lifesavers from one bowl to another using only a toothpick in their teeth. Hands must be behind their backs. First team to have all players complete this task wins.

Stomp Points:

- Jesus got overwhelmed
- How did Jesus respond to the overwhelm he felt in His soul?
- He didn't hide it.
- Talked to His friends.
- Prayed in transparency to God.

Discussion Questions:

How does it make you feel to know Jesus understands feeling overwhelmed inside?

What were three things He did to respond to it?

Soft Stomp: Have paper or notebooks ready. Ask your students to journal about one way they will deal with the overwhelm they experience.

Day 7

Scripture Reference: James 1:5, ESV

Activity: Test Time

Items needed: Simple questions to answer, space

How to play: Separate your group into two teams. Have teams line up and face one another.

Have your easy questions prepared to ask them. After asking the question, first one to raise their hand can answer. If they get the answer correct, it is worth a point. If they miss, they lose a point. Start with simple questions such as: What state do we live in? $2+2$, What is the name of our country? What holiday do we celebrate on December 25th? You can raise the difficulty level as much as you would like.

Stomp Points:

-Share a story about failing a test.

-It is normal to feel anxious about tests. A score does not define who we are.

-Deal with test anxiety through asking God for wisdom.

-Change habits by not waiting to study at the last minute.

Discussion Questions:

How do you respond to tests?

What are some new things you have learned to do to prepare better for tests and not allow anxiety to take over on test day?

Soft Stomp:

Have paper or notebooks ready. Ask your tweens to write about how tests make them feel and new things they will do for the next test on their calendar.

Day 24

Scripture Reference: Matthew 6:27, NIV

Activity: Create a Prayer/Worry Box

Items Needed: Tissue box size boxes. Construction paper, markers, and other fun crafting materials. Scissors and glue.

How to engage: Help students decorate their prayer boxes. Once they are finished, cut a hole in the middle where they can place their prayers and worries.

Stomp Points:

-Perfection is not required to walk the journey God has for you.

-Talk them through how to get rid of “worry thoughts” when they attack.

-Letting go of worry stops stealing life from us.

Discussion Questions:

Do you expect yourself to be perfect at school, sports, or another activity?

How does it feel to know God does not expect perfection from you?

What are some “worry thoughts” you would like to write down and get rid of?

Soft Stomp:

Have paper or notebooks ready. Ask students practice letting go of worries. Have them write down one “worry thought” trying to take over their minds and release it into their prayer box.

Day 28

Scripture Reference: Genesis 50:20, NIV

Activity: Balloon Stress Balls

Items Needed: Latex balloons, water, cornstarch, funnel

How to engage: Using a funnel, have students pour a little water into the balloon followed by cornstarch. Repeat this process until the balloon feels full. Remove the funnel and tie a knot into the balloon to finish creating the stress ball. A plastic knife may be needed to push cornstarch through the funnel.

Stomp Points:

-God is in control of everything, and we can trust Him.

-Instead of focusing on what we can't control, focus on what we can: our attitude, thoughts, and words.

-Look for the good, like Joseph, through all the things he went through. Read more of his story.

Discussion Questions:

Do you think you would have responded to the situation like Joseph did? What can we learn from him?

How can you put your stress ball to work if you begin to feel out of control?

Soft Stomp: Have paper or notebooks ready. Ask your students to write about ways they can chose to control their attitude, thoughts, and words.

Day 35

Scripture Reference: Proverbs 3:5-6, ESV

Activity: Guess the End!

Items needed: Old movies and a tv

How to play: Divide your group into boys verses girls. Have them take turns picking a team member. Show an old clip of a movie close to the end and pause it. Give them three choices of movie endings and have the teams select which one they think is correct. First team to 10 wins.

Stomp Points:

- We can cause ourselves to feel anxious by trying to control everything around us.
- Dive deeper into how our scripture gives us clear direction on trusting in the Lord even if we don't understand or it doesn't make sense.
- Students can relieve the pressure they experience by trying to figure everything out on their own. They can learn now, to acknowledge God first, in every step they take.

Discussion Questions:

Can you relate to the author's confession in wanting to know the ending of movies to control her response?

Have you noticed the negative effect of trying to control every little thing in your life?

What does our scripture tell us to do?

Soft Stomp:

Have paper or notebooks ready. Ask your group to write or draw one thing they want to stop trying to control and release it into God's hands.

Day 37

Scripture Reference: Matthew 6:34, NIV

Activity: Senses Game

Items needed: Something to taste, touch, smell, hear, see, and blindfolds

How to play: Ask for 2-3 volunteers for each of these senses. They will not be able to see what they are going to taste, touch, hear, or smell. Do one sense at a time. Blindfold your volunteers and let the fun begin. You will not need the blindfold for the “see” portion.

Stomp Points:

- Worrying about tomorrow keeps us from enjoying what God has given us today.
- Our thoughts go into worry mode when we think too far into the future.
- Pull our thoughts back from worrying about the future by using our senses God gave us to ground ourselves on right now.

Discussion Questions:

What do you find you worry about the most when it comes to the future?

How does our Bible Verse tell us to respond to worry?

How can you use your senses to snap you back into reality?

Soft Stomp:

Have paper or notebooks ready. Ask your tweens to journal what causes them to worry about the future. Have them write down something they have learned to respond to worry in a new way.

Day 76

Scripture Reference: Psalm 46:10, NIV

Activity: Calendar Chaos

Items needed: Large, blank calendar and markers

How to engage: Have students call out to you everything they do throughout the week from the time they get up until the time they go to sleep. Ask them for specifics-days, times, big and little activities. Step back and look at how full the calendar is, and ask them what they think of such a full schedule.

Stomp Points:

- The importance of making margin to spend time with God.
- Anxiety Elephants wants to keep you busy so you don't deal with what's really going on inside.
- Schedules need room for breaks.

Discussion Questions:

Do you try to keep yourself busy to not deal with what is bothering you?

How can you make more margin in your life to spend time with God?

Soft Stomp:

Have paper or notebooks ready. Ask your students to write about why they try to keep themselves busy and how they want to work on spending more time with God.

Section 5:

Feeling Stuck/Troubles/Adversity

Day 8

Scripture Reference: Psalms 40:1-2, NIV

Activity: Creating Quicksand

Items needed: Pans or large bowls, water, cornstarch, measuring cups, popsicles, and items to put in the quicksand.

How to engage: Start with 1 cup of water and 1.5 to 2 cups of cornstarch. Slowly mix together and allow students to feel the quicksand with their fingers. You can continue to add water and cornstarch into your creation. Allow them time to use popsicle sticks to move it around. For additional fun, place items in the bottom to see if they can guess what they are feeling.

Stomp Points:

- Anxiety can feel like it is pulling us down like quicksand, causing us to get stuck in a rut.
- When this sinking feeling comes, relax. Take deep breaths and slowly retreat.
- Taking time and not panicking will allow God to put their feet on a firm foundation.

Discussion Questions:

How did the quicksand feel?

How can anxiety pull us under when we panic and try to fight it on our own?

By waiting patiently on the Lord, how will this help us move through anxiousness without giving into panic?

Soft Stomp: Have paper or notebooks ready. Ask your students to draw how anxiety feels.

Have them write down this new process to respond underneath.

Day 68

Scripture Reference: John 16:33, NIV

Activity: Egg on a Spoon Relay

Items needed: Spoons, real or plastic eggs, a difficult obstacle course

How to play: Split your group into two teams. Have the teams line up behind the starting line.

When you say, “Go,” have one team member at a time work their way through the obstacle course holding the egg on the spoon. If it drops, they must start over. First team to get all players across the finish line wins.

Stomp Points:

-Jesus warned us we would have troubles in this world, but He is with us and has already won!

-Trouble can come in the form of anxiety by blocking our thoughts, causing a nervous feeling, being afraid around others, or experiencing uncomfortable things inside.

-When Anxiety Elephants come with trouble, talk to Jesus in that moment. Remind students they are on the winning team.

Discussion Questions:

Is it relieving to know Jesus warned us of troubles?

Is it relieving to know Jesus has already overcome all the trouble we face?

How will this help you the next time Anxiety Elephants try to cause trouble in your life?

Soft Stomp: Have paper or notebooks ready. Ask your students to list ways Jesus has and will help them overcome the trouble of Anxiety Elephants.

Day 69

Scripture Reference: Proverbs 24:10, ESV

Activity: Tallest Tower

Items needed: Space, blocks of any form, and a fan

How to play: Break your students into three groups. Have them brain storm an idea to create the tallest tower. Give them five minutes to complete their task. Every thirty seconds, walk around with a fan trying to knock their towers down. The group with the tallest tower at the end, will win. Play this game two-three times.

Stomp Points:

- Acknowledging there will be difficulty in life keeps Anxiety Elephants from causing hardship.
- Having a plan to face adversity helps us to stand strong against it.
- Share some of your favorite Bible Verses that help give you strength.
- Remind students of practical ways to respond to anxiety such as deep breathing and changing their focus from negative things to positive.

Discussion Questions:

Have you ever tried out for something and felt pressure inside?

How can you remember that all you can do is your best and trust God with the rest?

Soft Stomp: Have paper or notebooks ready. Ask your tweens to write their plan of action for when adversity comes.

Section 6:

Fear

Day 9

Scripture Reference: Deuteronomy 31:6, ESV

Activity: Heavy Elephant

Items needed: A stuffed animal elephant, chairs, music

How to play: Have your group sitting in a circle. When the music begins, pass around the elephant. When the music stops, the last person holding the elephant is out. Play until one person is left as the winner. Feel free to play this game as much as time will allow.

Stomp Points:

-Anxiety attacks can feel scary.

-God's presence is more powerful than the heaviness of Anxiety Elephants.

-Breathe steady and keep moving one tiny step at a time to overcome the paralysis you feel.

Discussion Questions:

Have you ever experienced an anxiety attack? Were you afraid?

How can it be helpful to know God is near?

Soft Stomp: Have paper or notebooks ready. Ask your students to journal how anxiety makes them feel. In bold letters, have them write STRONG and COURAGEOUS over their list reminding them of who they are through God's presence.

Day 16

Scripture Reference: Isaiah 35:4, NIV

Activity: Face it

Items needed: Funny videos of people facing fears.

How to engage: Show parts of the video clips and ask your students who thinks they faced the fear, and who thinks they did not. Always give a warning before each clip just in case this is a fear for someone in your room giving them the option to not watch.

Stomp Points:

- Share some things that made you fearful as a child and now as an adult.
- Don't go through your fear alone.
- Call out to God through prayer when we feel afraid.

Discussion Questions:

What are some of your fears? (You may have to begin this discussion sharing your own)

How can prayer help us when we feel afraid?

Soft Stomp: Have paper or notebooks ready. Ask your tweens to journal their fears. Have them write down this verse to memorize to combat fear creeping in.

Day 17

Scripture Reference: Philippians 4:13, ESV

Activity: Card Tricks

Items needed: A deck of cards

How to engage: Do research on how to use a deck of cards to perform tricks. Learn how to do the illusions and put them to the test in front of your group. You may have someone in your church who is already gifted with this skill set to help out.

Stomp Points:

-Do you have a story to share with your students of how fear kept you from trying something you really wanted to do?

-God has strengthened us to do all things through Him. . .even things we want to do but feel scared to try.

-Face fear to make it disappear.

Discussion Questions:

What is something you really want to do but fear has stopped you?

What are ways we can work together to face our fears and try new things?

Soft Stomp: Have paper or notebooks ready. Ask your students to write down one new thing they want to try.

Day 18

Scripture Reference: Psalms 91:11, ESV

Activity: Pajama Party

Items needed: Pajama party announcement, pajamas, stuffed animals, bean bags, snacks

How to engage: Have a pajama party for your tween ministry! Invite them to bring friends.

Have some fun activities set up, and a movie playing. Enjoy time hanging out and with one another. Go into your lesson and finish the night with a dance party or movie.

Stomp Points:

-Anxiety and fear of the dark at bedtime are normal.

-Anxiety Elephants attack in many different ways at bedtime.

-Changing routines at night and the environment will help calm anxiety.

-Have students make suggestions from the devotional, or their own ideas, of things they can do to help bedtime feel less scary.

Discussion Questions:

What are some things that would be easy to try to help bedtime routines from ideas shared today?

How does our verse help you to remember God is watching over you?

Soft Stomp: Have paper or notebooks ready. Have your group look up Psalm 91 and pick two verses to write down to remember for their nightly routines.

Day 20

Scripture Reference: Proverbs 3:24, NIV

Activity: Tea Time

Items needed: Paper cups, stirrers, different flavors of tea, paper

How to engage: Have students make different types of tea. After trying each one, ask the group to rate each tea. Once all teas have been tasted, find out which one received the highest and lowest scores.

Stomp Points:

-Not being able to go to sleep at night can happen to adults and tweens.

-Minds racing with thoughts but you don't know how to turn it off.

-Changing habits before going to bed can calm the mind. (Watch light-hearted shows, reading the Bible, worship music, prayer, turning off screens earlier, and drinking sleepy-time tea.)

Discussion Questions:

Have you ever struggled turning your thoughts off to go to sleep?

Which new thing will you start to try before bedtime?

Soft Stomp: Have paper or notebooks ready. Ask your students to look up scriptures on sleep and write them down. Have Bibles, and a way to search online available to assist them.

Day 25

Scripture Reference: 2 Timothy 1:7, NKJV

Activity: Battle of the Water Guns

Items needed: Water, space, water guns, army men

How to play: Divide your group into 3-4 teams depending on size. Have a water gun for each team ready with army men lined up in front of them. Each team member must take a turn knocking down two army men.

Stomp Points:

-Different things trigger anxiety for everyone. Use the list of triggers from the devotional and also triggers you discover for tweens through your own research.

-Recognizing triggers gives us back control.

-God has not given us a spirit of fear and knowing our triggers will stop the sneak attack of Anxiety Elephants.

Discussion Questions:

Did you know certain things could trigger anxiety?

What did you think of the list of triggers?

How does knowing this information equip you to walk in a spirit of power, love, and a sound mind?

Soft Stomp: Have paper or notebooks ready. Ask your students to write down a list of their own triggers. Encourage them to write one way they will use this information to be on guard and not give into a sneak attack.

Day 27

Scripture Reference: Isaiah 41:10, ESV

Activity: A Bracelet Reminder

Items needed: Fishing line, beads, scissors, clasps

How to engage: Work with all of your tweens to make bracelets as a reminder they are not alone when fear creeps into their mind. They can look at their bracelet to remember God is with them holding their hand. Have lots of solid colors and neutrals for boys and girls who would like to keep their bracelet simple.

Stomp Points:

- Fear manipulates our thoughts making us believe untrue things that appear real.
- Three ways to stand our ground when fear comes: Speak God's Word out loud, face your fear, and make friendships with other kids you can share these fearful thoughts with so they don't push you into isolation.
- The threats of this world will never be able to take our security in Christ.

Discussion Questions:

What has fear made you believe is real?

Have you ever spoken Bible Verses out loud? What questions do you have around trying this?

How can we help each other put all of these steps into action?

Soft Stomp: Have paper or notebooks ready. Ask tweens to write down Isaiah 41:10. Have them write the three steps down to use when scary thoughts want to enter their minds.

Day 40

Scripture Reference: Ephesians 6:13, NIV

Activity: Armor Up

Items needed: Suits of armor-get creative with items you choose from a bicycle helmet to a pool noodle for a sword to large flippers for shoes.

How to play: Split your group into two teams. Set up an obstacle course for them to run through wearing the armor. When you begin, players must armor up and then take off the armor once they get through the course. When players return, the next team member will suit up and run through the path. First team to get all members through the obstacle course will win.

Stomp Points:

-Soldiers wear armor to protect themselves in battle. God gave us the command to armor up for this same reason.

-Read Ephesians 6 to share the full Armor of God and how each piece is important.

-The helmet of salvation protects our minds and reminds us of our eternity found in Christ. Share the salvation message with anyone needing to make this step.

Discussion Questions:

The author shared her experience of a helmet protecting her. Have you ever had a similar situation?

How important is putting on armor in a battle?

How can we use the Armor of God to help us in our mental battles with Anxiety Elephants?

Soft Stomp: Have paper or notebooks ready. Ask your students to read back through Ephesians 6 and write down all the pieces of the armor God has given us.

Day 42

Scripture Reference: Psalms 23:4, NIV

Activity: Guide the Sheep

Items needed: Blindfolds, space

How to play: Partner your tweens together. Create an obstacle course for one team member to guide their partner through. Blindfold the “sheep”, and have the shepherd guide the sheep through the course. When they get back to the start, have the sheep try to navigate the course without the help of their shepherd. Have players switch roles.

Stomp Points:

-God is with us in dark times.

-Share a dark time you have faced.

-His presence will bring comfort and help in moving forward on this journey.

Discussion Questions:

Have leaders share a dark time with their small groups and how they experienced God’s presence

Have you ever gone through a dark time?

Re-read Psalms 23:4 and ask students how it makes them feel knowing Jesus is with us and always comforting us?

Soft Stomp: Have paper or notebooks ready. Ask your students to write down how it makes them feel knowing Jesus is walking with them even through dark valleys and scary situations.

Day 55

Scripture Reference: Joshua 1:9, NIV

Activity: Simon Says

Items needed: Space

How to play: Have your tweens stand. The leader in the front will give them commands using “Simon Says”. When, “Simon doesn’t say,” students must sit down if they follow the command. Have the leader start slow and move quicker with commands giving lots of action movement.

Stomp Points:

- Joshua was called by God to lead the Israelites after Moses.
- God reminded Joshua multiple times to be strong and courageous.
- He needed to be firm in his thoughts of faith over doubt.
- Anxiety Elephants will use seeds of doubt to stir us into panicked adrenaline rush. Instead of giving into this feeling, focus the adrenaline through an action to move you forward like Joshua.

Discussion Questions:

Have you ever felt an adrenaline rush? What did you experience?

How can we follow Joshua’s example to keep moving forward even when we feel shaky?

Soft Stomp: Have paper or notebooks ready. Ask your students to write down simple actions they can do at home when they feel the adrenaline rushing.

Day 56

Scripture Reference: Psalms 4:8, NIV

Activity: Hide it Under a Pillow

Items needed: Different types of paper, pens

How to engage: Help the students look up different verses to write down and put under their pillows while they are sleeping. The Bible Verse for Day 56 is a great starter for this activity.

Stomp Points:

- When our body and mind do not get the rest they need, it makes our brain feel more on edge.
- Turn anxious thoughts off and sleep mode on by shutting down electronics one hour before bed.
- Blue light disrupts melatonin distribution that we need for sleep.
- Because we can trust that God handles our concerns, we are safe to rest.

Discussion Questions:

If we were all being honest, how long are you on your phones or tablets before bed time?

How difficult will it be to turn your screens off at least one hour before bed?

How can we all hold each other accountable to trying to do this for one week?

Soft Stomp: Have paper or notebooks ready. Ask your students to write down their accountability plan for turning screens off earlier this week.

Day 58

Scripture Reference: Psalms 34:4, NIV

Activity: Driving Obstacle Course

Items needed: Suitcases, clothes, toiletries, steering wheels, maps, snacks, backpacks, tape, pool floats

How to play: Divide your group into two teams. Set up an opened suitcase needing to be packed and picked up at the first stop on the course, the backpack and items second, pool floats last. Team members must move through the obstacle course quickly, holding the steering wheel and all the other items, from start to finish. After completing the course, team members need to run back and set it up for the next teammate in line. First team to get everyone through wins. Pack suitcase, pack backpack, put on map which direction to go, grab pool floats. First across finish line wins

Stomp Points:

-Anxiety while traveling can happen to anyone.

-Figuring out what triggers the open door for Anxiety Elephants can help you learn how to close it. (For example, not knowing the travel plan. To combat this, ask parents to be involved on the planning process.)

Discussion Questions:

Has anyone ever experienced anxiety getting ready to leave your house and go somewhere for the day or on a long trip?

What are some things we can do to help with anxiety during travel? (Revert back to suggestions from Day 58 if this is needed)

Soft Stomp: Have paper or notebooks ready. Ask your tweens to write their ideal travel plan and then share with parents.

Day 60

Scripture Reference: Proverbs 18:10

Activity: Names of God

Items needed: Canvas, paint, paintbrushes, water cups, paper towels

How to engage: Have tweens pick out one Name of God and meaning that sticks out to them.

Have them draw and paint it.

Stomp Points:

-Share a personal story about what different names meant when your parents called out for you.

-God has different names. Each one is a reminder of WHO He is and why we can trust Him.

-Go through all the names listed and any names you would like to add to share with your group.

Discussion Questions:

Which name stood out to you the most? Why?

How can knowing this information be helpful?

Soft Stomp: Have paper or notebooks ready. Ask your students to write down the list of the different names given with their meaning and scripture reference.

Day 61

Scripture Reference: 1 Kings 19:7, NIV

Activity: Share a Chair?

Items needed: Open space, chairs, music

How to play: This game will work much like the classic musical chairs game. Start with one chair less than the number of tweens you have. Have them go around the circle and when the music stops, everyone must find a chair. The person left standing then will ask, “Can someone share a chair?” Wait for someone to scoot over and make room. Take away another chair and begin the music again. Now, there are two people asking for others to share a chair. Continue the game in this manner until there is one chair left, and everyone is figuring out how to share the chair together.

Stomp Points:

-Dive into 1 Kings 19

-Ask if anyone has ever said or thought the words Elijah did, “I would rather die.” This is not a question for them to respond outwardly; only think about the answer to themselves.

-God didn’t allow Elijah to stay in this place, and he doesn’t want us to stay there either.

-God created our body to give us cues. Learn ways to listen as discussed in Day 61.

-If someone has had these thoughts, give them permission to talk to you immediately.

Discussion Questions:

Take a moment to encourage anyone who has ever felt they have no purpose. Let them know they can talk to you, their parents, or the children’s ministry leader if those thoughts have come up.

How did God respond to Elijah in this moment? (He encouraged Elijah to rest and eat)

Soft Stomp: Have paper or notebooks ready. Ask your tweens to journal different ways they will listen to their body if it is trying to tell them. Their list may include drinking water if they haven't in a while, going to bed earlier for rest, eating less sugar and more good foods.

Day 64

Scripture Reference: Matthew 8:26, ESV

Activity: Weather Genius

Items needed: Weather facts

How to play: Divide your group into two teams. Prepare questions about the weather. Have three multiple choice answers for each question. You can call these out or create slides. First team to seven, wins.

Stomp Points:

- Thunderstorms can be scary.
- It is common for people of all ages to feel anxious when they see a threatening forecast.
- Create a plan together for how to respond during stormy weather or season.
- When you hear the loud noises and hard rain, remember you can call out to Jesus.

Discussion Questions:

How do you feel during thunderstorms?

Does it help you or make you more anxious to watch constant coverage on TV or social media about potential dangerous weather?

What are some things we have learned to respond differently to stormy days?

Soft Stomp: Have paper or notebooks ready. Ask your students to create a weather plan for their family.

Day 67

Scripture Reference: Exodus 4:10, NIV

Activity: Charades

Items needed: Space, charade cards

How to play: Split your group into two teams. Give each team an equal number of charade cards. Have teams select someone to be the actor. The actors are the only ones who can see the card of what to act out. They cannot talk or point. Allow each round to go 2-3 minutes. Play several rounds.

Stomp Points:

- Public speaking is the number one fear of adults
- Moses was nervous about speaking in front of people. Read and discuss Exodus 4:1-17
- God created our mouths and will give words we need to say when it is time to stand and speak.
- Share tips to help the next time students need to speak in front of people.

Discussion Questions:

Practice speaking in front of one another. Write down today's verse on a piece of paper, and pass it around having each member of your group read it aloud.

Talk about how they felt doing this.

Which tip will you use the next time you need to speak in front of people?

Soft Stomp: Have paper or notebooks ready. Ask your students to write how public speaking makes them feel but one thing they have learned to respond when it is time to speak in front of others.

Day 75

Scripture Reference: 1 John 4:4, NIV

Activity: Bubble Wrap!

Items needed: Space, tape, music, and bubble wrap

How to engage: Have small pieces of bubble wrap for the kids to pop in their hands. Have large pieces for them to stand on barefoot and pop. Use music to make this a game. Play the music and let them dance and jump around. When the music stops, they must freeze or they are out.

Stomp Points:

- God gives us power to fight Anxiety Elephants
- With the Holy Spirit inside of us, we can stand firm against our opponent. Define firm.
- Satan is under your feet. Crush him like bubble wrap.

Discussion Questions:

How did it feel crushing the bubble wrap?

How does it make you feel knowing that through Jesus, you have power to tell Satan to leave you alone?

Soft Stomp: Have paper or notebooks ready. Ask your students to write down the statement, I AM AN OVERCOMER!

Day 81

Scripture Reference: John 14:27, ESV

Activity: The Knot Game

Items needed: Open space

How to play: Spread your group out in a circle. Have them scoot closer in to one another. Have tweens reach and grab hands with others. By now, there is a big knot of hands in the group. They must work together to get the knot out and land back in a circle without breaking hands. This game will take communication and help from adults.

Stomp Points:

-Unrest happening all around us and in life, personally.

-Jesus left peace with us, but how can we walk in it?

-Is the news causing you to feel anxious knots in your stomach? Social media filling your mind with fear?

-Turn off the news, change where you hang out on social media, talk to Jesus about the troubles in your heart.

Discussion Questions:

Do your parents watch the news in front of you? Does it bother you to see the news constantly playing in your house?

How can you talk to your parents about having it on less?

Soft Stomp: Have paper or notebooks ready. Ask your students to write what is troubling them the most happening in the world, and then write a prayer to Jesus surrendering this concern.

Day 86

Scripture Reference: James 4:7, NIV

Activity: Wink Game

Items needed: Deck of cards, chairs, space

How to play: Have your tweens sit in a large circle to play this game. Designate one card in the deck as the “killer” card. You will pass out the cards face down to your students. Do not let them look at their card until everyone has one. If your “killer” card is the Queen of Hearts, that will be the person everyone is looking for. When you tell the student to “Begin,” they will start looking around at one another. The killer will get people out by winking at them. They must be very sneaky with this to not get out. To catch the killer, two students must see them in action. Once a person thinks they see the killer, they can raise their hand and wait for a second person to raise their hand. Ask them if they know who it is, and on the count of three, they must say the name together. If they do not say the same name, they are both out. If time allows, play this game a few rounds.

Stomp Points:

- Satan’s bark is worse than his bite
- Tries to intimidate us through the pounding of Anxiety Elephants thinking we are no match
- When we submit ourselves to the Lord, it helps us to take action, resist the attack of the enemy, and turn in the opposite direction of where the enemy wants us to go.

Discussion Questions:

What do you think the word, *resist*, means?

How can we resist Satan the next time he attacks with Anxiety Elephants?

Soft Stomp: Have paper or notebooks ready. Ask your tweens to write down the statement, “Trust God, don’t be afraid, and go in faith.” Supply scissors to cut this out and encourage them to put this statement where they can see it every day.

Section 7

Doubt Worth/Purpose

Day 10

Scripture Reference: Psalms 139:14 NIV

Activity: You are AWESOME

Items needed: Paper, colorful pens, clothesline and clothespins

How to engage: Have each tween write on their paper, "I am AWESOME." Once they finish putting their creative spin on this sentence, have everyone go around the room and write one thing on each person's paper that makes them awesome.

Stomp Points:

-God made every part of you awesome, including the brain.

-Share about the amygdala and how it houses emotional responses and the flight or flight response. Remind students the amygdala can mis-read situations causing it to react with anxiety.

-God is not upset when the brain goes into overdrive.

Discussion Questions:

Have you ever heard of your amygdala?

Do you believe you are fearfully and wonderfully made like our scripture says?

How can you remind yourself of how God sees you?

Soft Stomp: Have paper or notebooks ready. Ask your students to write today's Scripture in a fun and creative way.

Day 32

Scripture Reference: Ephesians 2:10, NIV

Activity: God's Handiwork

Items needed: Pieces of wood, pens, markers, stickers, glue, safety glasses, glitter, and hammers

How to engage: Have students write Ephesians 2:10 on the wood with pens or markers. Allow them to decorate on the wood however they would like. Some may want to use hammers to make the wood look distressed. Others may choose glue and glitter.

Stomp Points:

- What we say/think over ourselves matter.
- The skillful work of our Master Craftsman created every fiber of our being.
- The Lord thought about YOUR PURPOSE as He created you ON PURPOSE.

Discussion Questions:

Do you say or think negative things about yourself?

Since God created you on purpose for a purpose, how can you talk differently about yourself?

Soft Stomp:

Have paper or notebooks ready. Ask your tweens to write one negative thought about themselves.

Have them cross it out and then write a truth to replace it. Adults may need to help.

Day 45

Scripture Reference: 2 Corinthians 12:9, ESV

Activity: Stain Glass

Items needed: Coffee filters, water, droppers, washable markers,

How to engage: Have your students use any color markers they choose on their coffee filter to color. They can do straight lines, dots, or color large spaces with a fun design. Then, have them use droppers to drop water on the colors and watch the stain glass effect happen. They may decide to create more than one. Give the coffee filters about 30 minutes to dry before taking home.

Stomp Points:

-God knew we would never be perfect. His power shines through our weakness.

-God's grace is for all of us. Define grace for your tweens.

-We are all on a journey and have come so far! Look at the progress.

Discussion Questions:

Do you think you have to do everything with perfection?

Do you give yourself grace?

How does it feel knowing God gives grace to you?

Soft Stomp: Have paper or notebooks ready. Ask your students to journal about why they put pressure on themselves to be perfect, but how they are going to begin to receive God's grace and allow his power to work in their weakness.

Day 62

Scripture Reference: Jeremiah 29:11, NIV

Activity: Dream it Up!

Items needed: Space and building blocks

How to play: Depending on the size of your group, create 2-3 teams. Have them dream up an ideal creation with the blocks they have received. Set a timer and begin building. Have each team share their completed product.

Stomp Points:

-Anxiety doesn't change God's plan.

-He uses everything for good.

-Share how God used something in your life for good.

Discussion Questions:

How do you think God will use the anxiety you have experienced for hope and part of your future?

What is a dream you have for your future?

Soft Stomp: Have paper or notebooks ready. Ask your students to write about different dreams they have for their lives.

Day 80

Scripture Reference: Exodus 31:2-3, NIV

Activity: The Missing Puzzle Piece

Items needed: Space and puzzles

How to play: Split your tweens into two groups. Give each group a puzzle to put together. Use puzzles with 20-50 pieces. Before giving the puzzles out, remove one piece from each puzzle placing it in your pocket. When you say “GO,” have the teams get to work to see who can complete their puzzle first. Both teams will begin to realize there is a piece missing. Pause here to stomp deeper into your lesson.

Stomp Points:

- God has given everyone a unique skill set needed in this world.
- Playing the comparison game can cause us to feel less than others.
- If your unique gifting was not walking this earth right now, there would be an empty space.
- Take the two pieces out of your pocket. Use this to drive home the point how God has something specific for them to do no one else can. Once you complete the lesson, have the groups go back over with their puzzle piece to see who can finish first.

Discussion Questions:

How hard was it to put the puzzle together without all the pieces?

What is one thing you can do really well?

Soft Stomp: Have paper or notebooks ready. Ask your students to write or draw one thing they can do really well.

Day 82

Scripture Reference: Psalms 127:3, NIV

Activity: DIY Medals

Items needed: Yarn, paper, pens, scissors, and other crafty material you would like to include.

How to engage: Write the word, *REWARD*, in the middle and have tweens create their own medals.

Stomp Points:

-Children are a reward!

-Anxiety Elephants don't take away who we are.

Discussion Questions:

Re-read the Bible Verse and ask students if they knew they were a reward from the Lord?

How does this make you feel knowing this Scripture?

Soft Stomp:

Have paper or notebooks ready. Ask your students to journal their thoughts on what it means to be a reward from the Lord.

Section 8:
Anxious Thoughts

Day 11

Scripture Reference: 1 Peter 5:7, NIV

Activity: Ring the Trash Can

Items needed: Scraps of paper, two trash cans

How to play: Split your group into two teams. Give each player paper balls to throw into the trash cans a few feet away. When you tell the teams to start, have each team member throw their ball and then switch places with the next person. Go through this process until everyone has gone. The winner will be the team who made the most baskets. Play 2-3 times.

Stomp Points:

- Cast anxious thoughts like fishermen in Biblical times.
- How do we cast when thoughts enter causing us to feel overwhelmed, worried or afraid?
- Explain the process of casting/writing down thoughts and getting rid of them.

Discussion Questions:

Have you ever had specific thoughts running through your mind holding you captive?

How can casting these anxious and fearful thoughts help us to clear our minds?

Soft Stomp: Have paper or notebooks ready. Ask your students to write out anxious thoughts troubling them. Then, have them rip out the paper and throw it away.

Day 13

Scripture Reference: Philippians 4:6, NIV

Activity: Find the Good

Items needed: Paper or Board to write on.

How to engage: Separate your group into boys and girls. Give them two minutes to list as many things as possible they are thankful for. Have a prize ready for the winning group.

Stomp Points:

- Gratitude is a built-in anxiety blocker.
- Focusing on the good in life will shift your perspective to see things differently.
- We can pray about every situation using the process mapped out by our Bible Verse

Discussion Questions:

How did it feel listing good things you were thankful for big and small?

How can praying about every situation with gratitude included be helpful?

Soft Stomp: Have paper or notebooks ready. Ask your students to make a gratitude list.

Day 14

Scripture Reference: Philippians 4:8, NIV

Activity: Fact or Fiction

Items needed: An internet search of interesting facts

How to play: Split your group into two teams. Two players at a time will face one another.

After you read off the statement, have the first one who answers the questions to say if your statement is a fact or fiction. If a team guesses incorrectly, they lose a point. First team to 10 wins.

Stomp Points:

-The What IF Zone can be scary and not truth-based.

-Instead of thinking of the worst case scenario moments in the future, focus on What IS your reality right now.

-God is ultimately in control and we can trust Him.

Discussion Questions:

What are some of your What Ifs?

Is there something on tv or social media you watch causing you to have fear-filled thoughts?

Soft Stomp: Have paper or notebooks ready. Ask your tweens to write down lovely, pure, excellent, and praiseworthy things they can think on when the *What If Zone* tries to takeover.

Day 21

Scripture Reference: 2 Corinthians 10:5, NIV

Activity: Rock, Paper, Scissors Tournament

Items needed: Space

How to play: Back to the basics with this classic game! Go tournament style and have your tweens partner together. Give them the countdown to play. Each winner stays standing and finds a new partner until there is one remaining. If time allows, play more than one round.

Stomp Points:

-Our minds are powerful

-Anxiety Elephants can take our thoughts to frightening places. Our brains need us to take back control.

-Explain the *Stop, Captive, Replace* process to help students change their daily thoughts.

Discussion Questions:

How can the *Stop, Captive, Replace* process be helpful in changing your thoughts when you practice it?

Why is it important to make our thoughts obedient to Christ?

Soft Stomp: Have paper or notebooks ready. Ask your group to write how they will begin using *Stop, Captive, Replace*.

Day 33

Scripture Reference: John 3:17, NIV

Activity: Cardboard Memory Game

Items needed: cardboard boxes, scissors, markers

How to play: Create several matches using large pieces of cardboard. Lay them out face down. Have your group split into two teams. See who can find the most matches. You can begin the game by showing them all the matches and tell them they “*should*” be able to remember where each pair is located.

Stomp Points:

- Share what the “*should bully*” would put in your mind.
- Define condemnation.
- God did not send Jesus to condemn the world but to save it.
- Combat lies with truth from God’s Word. Use examples given from this day in the devotional.

Discussion Questions:

Which TRUTH stands out to you the most from the list on Day 33?

How will you use this TRUTH the next time the *should bully* attacks your thoughts?

Soft Stomp: Have paper or notebooks ready. Ask your students to write down the list of what God’s Word says about them.

Day 39

Scripture Reference: 1 Thessalonians 5:16-18, NIV

Activity: Yarn Me a Question

Items needed: Yarn, space

How to engage: Have your tweens sit in a circle. You join this activity and begin. Ask a question to whomever you throw the yarn. Once they answer, have them throw the yarn and ask a question. Do this activity until everyone is holding a piece of the yarn creating a fun design and connection between everyone.

Stomp Points:

- Rejoice always.
- Pray continually.
- Give thanks in all circumstances.

Discussion Questions:

Which one of these steps is hardest for you?

Which is easiest?

Which one will you work on this week?

Soft Stomp: Have paper or notebooks ready. Ask your students to write how they plan to put these steps into action.

Day 41

Scripture Reference: Romans 12:2a, ESV

Activity: Bible Drill Fun

Items needed: Bibles

How to play: Separate the boys from the girls. Hand out the Bibles and have a good ol' fashion Bible drill. Call out a scripture. The first one to find it, steps forward. First team to score 10 points wins. Play as many times as time allows.

Stomp Points:

-The constant changing of the world's messages can cause us to feel Anxiety Elephants due to the confusion we feel inside.

-Transforming our minds keeps us focused on the truth which is from God.

-God's Word is like an instruction manual helping us to distinguish lies from truth. The more we stay in it, the more we will be able to stop confusion from taking over our thoughts.

Discussion Questions:

Do you ever feel stressed or confused by all the different messages you hear from the world?

Is it hard for you to read the Bible? Why?

How can we work together to figure out a book of the Bible you can begin to read?

Soft Stomp: Have paper or notebooks ready. Ask your students to write down which books of the Bible they would like to begin reading.

Day 65

Scripture Reference: Hebrews 4:12, NIV

Activity: Sword Noodles

Items needed: Pool noodles

How to play: Cut your pool noodles in half. Call two volunteers up at a time to have a noodle sword fight. Identify where they can tag their opponent. Make the no-strike zones clear. Disqualify anyone who does not follow these instructions. Play as many rounds as you wish with all those who volunteer.

Stomp Points:

- God's Word is powerful, sharper than any double-edged sword.
- Push back against the negative words and images attacking your minds.
- Change what you see, read, and listen to. Give practical examples.

Discussion Questions:

What are some things we see, read, or listen to that has negative impact on our minds?

What are practical changes you can make to combat Anxiety Elephants attacking through these methods?

Soft Stomp: Have paper or notebooks ready. Ask your students to write their plan of change when it comes to what they watch, read, and listen to.

Day 78

Scripture Reference: Romans 3:24, NIV

Activity: What Do You See?

Items needed: Clouds

How to engage: If you do not have the space outside to go and look at the clouds, create this in your tween area. Put clouds of all shapes and sizes up on the ceiling. Have everyone lay down on blankets and look up at the clouds. Give everyone permission to say out loud all the different things they can see in the clouds.

Stomp Points:

-God does not give us what we deserve.

-God gave us grace through Christ on the cross not because we deserved it or earned it but because He loves us unconditionally.

-Looking upon His creation gives us a chance to breathe in fresh air and clear our minds.

Discussion Questions:

What did you see in the clouds?

How does it make you feel knowing God loves you unconditionally and doesn't give us what we deserve?

Soft Stomp: Have paper or notebooks ready. Ask your students to draw clouds of different shapes and sizes.

Day 87

Scripture Reference: 1 Corinthians 6:20, NIV

Activity: Plant a Seed

Items needed: Styrofoam cups, potting soil, seeds, water

How to engage: Have students grab a cup and begin the planting process. Make sure everyone puts their name on the cup they choose. Fill the cups 3/4 way with dirt. Each tween can select a couple seeds to plant. Add just a little water and encourage your group to see how long they can keep their plants growing once they get them home.

Stomp Points:

-Tens of thousands of thoughts bombard our mind from TV, social media, friends, school, church, ourselves, etc. (Ask students where they think thoughts come from before giving this list.)

-We need to honor God through our thoughts.

-Bad thoughts can cause us pain just like junk food hurts our stomachs.

-Change the words seeking entry into our minds with thoughts honoring God. (Example: I'm going to fail this test-Instead practice thinking, "I've studied and prepared the best I can.")

Discussion Questions:

What are some anxious thoughts that hurt our minds?

Let's practice together changing our thoughts to things glorifying God.

Soft Stomp: Have paper or notebooks ready. Ask your students to write down the practice thoughts you work on together.

Section 9:
Community/Help

Day 19

Scripture Reference: Galatians 6:2, ESV

Activity: One Legged Race

Items needed: Space and bandanas

How to play: Partner together your group. Place partners into two teams. Map out an obstacle course for the teams to walk through. Have each partner group tie a bandana around their leg connecting themselves together. They will have to work together, helping one another figure out how to move together to get through the course. First team to have all partner groups complete the course, wins.

Stomp Points:

- Asking for help is not a bad thing.
- Share a story when you needed help.
- God has given us helpers in all forms: parents, pastors, counselors, doctors, teachers

Discussion Questions:

Who are trusted adults in your life you can ask for help?

Do you have a hard time asking for help?

Soft Stomp: Have paper or notebooks ready. Ask your students to write down their list of helpers.

Day 31

Scripture Reference: 1 Peter 5:8, NIV

Activity: Trust the Ladder

Items needed: 6-8 wooden dowels 27-28 inches long, open space

How to engage: You will need to have additional leaders help you with this activity. Have 8 groups of 2 people to hold the wooden dowels. The volunteers standing next to each other will touch shoulder to shoulder on both sides. To hold the dowel rods, volunteers will interlock their fingers like holding a golf club. They will hold the dowel rods about 4 inches above their belly buttons. Start with a smaller participant and have them walk across the ladder to the other side. They can start in a chair, walk across the human ladder, and take their last step down into a chair on the other side. Have adults on the side to hold the hand of those walking across.

For more information on this activity, go to:

https://icebreakerideas.com/youth-ministry-games/#Trust_Ladder

Stomp Points:

- We have a real enemy, Satan.
- Explain his tool of shame.
- Be alert and of sober mind by acknowledging thoughts and emotions verses hiding them.
- Importance of accountability.

Discussion Questions:

Why do you think accountability is helpful in our lives?

How will it help us to no longer hide thoughts and emotions?

Soft Stomp: Have paper or notebooks ready. Ask your students to write down thoughts and emotions they have been hiding. Have each tween think of an accountability partner to help them break the habit of hiding.

Day 48

Scripture Reference: Proverbs 12:25, ESV

Activity: Prayer Groups

Items needed: Space, worship music

How to engage: Use this activity at the end. Have the kids partner together in groups of 2-3 and pray for one another. Have adults moving around the room to help them pray.

Stomp Points:

- Hiding the pain of anxiety gives it more power.
- You don't have to isolate yourself anymore. Share the four step process highlighted in Day 48.
- You are not bothering people asking them to pray for you. We all need community.

Discussion Questions:

Discuss the four steps.

Do you feel like you have to isolate away from your community?

Have you ever let anyone pray for you? (If time allows, pray over everyone in your group)

Soft Stomp: Have paper or notebooks ready. Ask your students to write down the four steps and circle the one they need to work on.

Day 54

Scripture Reference: Philippians 4:14, NIV

Activity: Toilet Papered

Items needed: Toilet paper, space

How to play: Divide your group into two teams. Have each team pick someone to be covered in toilet paper. Have the rest of the team decide how they are going to camouflage and hide them in the toilet paper creating a fun design, animal, or item.

Stomp Points:

- Camouflaging anxiety doesn't fix it.
- Many people can help us with anxiety.
- God is not mad when we have counselors and doctors to help us.

Discussion Questions:

Have you ever heard people talk about counselors?

Who do counselors help?

Soft Stomp: Have paper or notebooks ready. Ask your students to write why counseling is helpful.

Day 59

Scripture Reference: Ecclesiastes 4:12, NIV

Activity: Tug-of-War

Items needed: Space, rope

How to play: You can play this game many different ways. Divide the group evenly of boys and girls for teams. You can also have the boys go against the girls. Another way to play is leaders verses tweens.

Stomp Points:

- Being anxious in social situations happens to a lot of people.
- Don't allow Anxiety Elephants to keep you from fun with friends. God wants you to do life together.
- Lay out baby steps for tweens to use to get involved in social activities such as saying yes to a couple of things, arriving the same time as your friends, set a time limit for how long you want to stay.

Discussion Questions:

Have you ever gotten nervous about going to a party or sporting event?

Have you ever said no to going somewhere with friends because you felt anxious?

What are some things you will try to help you not miss out on fun with friends?

Soft Stomp: Have paper or notebooks ready. Ask your students to journal why they feel nervous in social situations and how they are going to respond differently and enjoy life.

Day 63

Scripture Reference: Romans 15:7, NIV

Activity: Lean on Me

Items needed: Open space

How to engage: Have the tweens partner together and sit back to back arms linked together.

Once they are down on the ground, tweens will need to lean on one another to be able to stand up. Switch partners up for several rounds. If they would like to make it a little more challenging, try grouping them into fours, partnering together to lean on each other and stand up together.

Stomp Points:

-Having friends to encourage you in hard times makes a difference.

-Share a personal story of friends encouraging you.

-Point out Paul's constant encouragement in Timothy's life.

-A friend loves at all times.

Discussion Questions:

Name some friends who have encouraged you in hard times.

Soft Stomp: Have paper or notebooks ready. Ask your students to write ways they can show kindness and encourage one another.

Day 70

Scripture Reference: Psalms 121:1-2, NIV

Activity: Moving the Boxes

Items needed: Cardboard boxes of multiple sizes, items to put in the boxes, tape, space

How to play: Divide your group into two teams. They must come up with a plan to move their boxes from the starting line to the finish line. Give them a few minutes to discuss together. Once you say, “GO,” teams must get to work moving boxes quickly. They cannot feel the weight of the boxes until the game starts. First team to get all boxes across the finish line wins.

Stomp Points:

-HELP is not a bad word.

-Asking for help is one of the best things to do for anxiety.

-God’s hands were meant to carry the biggest boxes. Your hands were created to let them go.

Discussion Questions:

Have you ever thought asking for HELP was a bad thing?

When are good times for us to ask for HELP?

Soft Stomp: Have paper or notebooks ready. Ask your students to journal when and how they will begin asking God and the trusted adult in their lives for HELP.

Day 74

Scripture Reference: Daniel 3:17, NIV

Activity: S’mores

Items needed: Graham crackers, marshmallows, chocolate, plates, sticks, microwave, oven, or fire/bonfire

How to engage: Have tweens assemble their s'mores if you are cooking indoors and then place them in the microwave or oven for a couple of minutes. If you are able to cook over a fire pit, take some time to enjoy this sweet treat outdoors.

Stomp Points:

- Share the story of Shadrach, Meshach, and Abednego
- God was with Shadrach, Meshach, and Abednego in the fire.
- Having each other helped them face a scary situation

Discussion Questions:

How do you think Shadrach, Meshach, and Abednego must have felt standing strong in their faith knowing the furnace was in their future?

How do your friends help you in scary situations?

Soft Stomp: Have paper or notebooks ready. Ask your students to write down the names of friends who would go through a fiery furnace with them.

Day 84

Scripture Reference: Psalms 94:18, NIV

Activity: Would You Rather

Items needed: Space

How to engage: Have tweens start in the middle of the room. Give two options of “Would you rather,” making them choose to go to the left or to the right. Play several rounds making some choices easy and others a little more difficult.

Stomp Points:

-Share a funny story about a time you fell.

-Anxiety can pull our feet out from under us all of a sudden.

-Falling down or making a mistake does not make us a failure; it makes us human.

-Jesus knew we were going to have slips and falls, so He came to give us support.

Discussion Questions:

Have you ever fallen in front of others?

How does it make you feel knowing Jesus knew we were going to fall and He’s there to give support?

Soft Stomp: Have paper or notebooks ready. Ask your tweens to draw a picture of themselves slipping and Jesus holding them up.

Section 10:
Helping Others

Day 26

Scripture Reference: Romans 8:28, ESV

Activity: Fish Game

Items needed: Sticks, yarn, magnets, paper clips, paper fish, baby pools

How to play: Separate your group into two teams. Have two colors of paper fish in the baby pool with paper clips on the ends of their mouths and magnets at the end of the fishing pole. Each team will pick two representatives-one to fish, and one to be a runner. When the game begins, the fisherman will go fishing. Once they catch a fish, the runner must grab it and take it to the empty baby pool. The fisherman cannot cast for another fish until the runner returns. Give them a couple of minutes for each round. The team who catches the most fish wins. Play several rounds of this game using different volunteers.

Stomp Points:

- God wastes nothing in our life and will use it for good.
- He takes what the enemy meant for a negative and turns it into a positive, including anxiety.
- As you walk through today's Bible Verse, dive into the story of the feeding of the 5,000 in John 6:1-14, revealing how Jesus used what the little boy gave Him not wasting one bite.
- God will use what students have learned to help others.

Discussion Questions:

Do you think the little boy was afraid to give the disciples all the food he had?

What do you think it was like that day to see Jesus perform this miracle?

How will God use the anxiety you have experienced for good?

Soft Stomp:

Have paper or notebooks ready. Ask your students to write down ways God has already used what the enemy meant for harm as good in their life.

Day 73

Scripture Reference: Matthew 28:19, NIV

Activity: M&M Game

Items needed: Plain m&m chocolate, space

How to play: Pass around a bag of m&m's telling the tweens to only grab one and not to eat it.

Once everyone has their chocolate, designate a question with each color. Examples you could use:

Yellow-favorite color

Red-favorite vacation spot

Green-favorite thing to do with friends

Blue-favorite animal

Orange-favorite food

Stomp Points:

-We are called to share our faith with others.

-Tell a story from your life talking to someone about Jesus.

-It is normal to feel anxious and a little scared when we witness to friends. God will take care of the response. He simply asks for us to go.

Discussion Questions:

Have you ever talked to a friend about Jesus?

Do you think God is asking you to talk to someone about Jesus, but you feel anxious and afraid?

How can we pray for one another and those God is putting in front of us to share our faith?

Soft Stomp:

Have paper or notebooks ready. Ask your students to write down the name of one friend to share the Gospel with this week. Pray together over these pages.

Day 77

Scripture Reference: 1 Timothy 4:12, NIV

Activity: Who is it?

Items needed: Paper and pen

How to play: Create two teams. Once teams are together, have each person write three facts about themselves without putting their name on the paper. After they have completed this task, take up the papers from the teams. Read the fact sheets from one team to the other having them guess who you are talking about. The team who gets the most correct, wins.

Stomp Points:

- Students are world changers right now.
- Struggles, such as anxiety, do not define who they are. Jesus already did that.
- They can make a difference in the lives of students around them.
- God will empower these tweens with everything they need to be the example He is asking them to be.

Discussion Questions:

Did you realize you can make a difference in someone's life right now?

Do you think there are other tweens at school dealing with anxiety and need encouragement?

How can you share your testimony with them?

Soft Stomp: Have paper or notebooks ready. Ask your students to write down what they could say to their peers who are struggling with anxiety.

Day 85

Scripture Reference: Hebrews 10:24, NIV

Activity: Service Project

Items needed: Compile this list once you have decided what your tweens will do to serve someone within your church or community organization

How to engage: Promote this service project among your group giving advanced notice so they will have a clear calendar to attend.

Stomp Points:

- Helping others when you are struggling is a powerful thing.
- God calls us to serve others.
- Share a powerful moment from your life through doing a serve project.

Discussion Questions:

How does it feel to know you are helping someone else?

What are ways you can look to serve others daily?

Soft Stomp:

Have paper or notebooks ready. Ask your students to journal about their experience through the group serve project.

Day 88

Scripture Reference: 1 Peter 4:10, NIV

Activity: Gift Game

Items needed: Gifts ranging in the amount of \$1-\$2, space

How to play: Give your tweens enough notice when you do this day. Have them find an item costing no more than \$2 and wrap it or put it in a gift bag. If you have students who forget, have extra on hand. Gather everyone in a circle. Find a fun left, right poem to pass the gifts around. Once you finish reading, tweens can open their gifts to see what they have received.

Stomp Points:

- God has given each one a gift.
- Others need these gifts shared with them.
- Give examples of how they can use their gifts and story with others.

Discussion Questions:

What are gifts God has given for us to use to share His hope with others?

Have you ever shared your story with a friend or group?

Would anyone like to share how God has been helping you?

Soft Stomp:

Have paper or notebooks ready. Ask tweens to write down their story the best they can.

Day 89

Scripture Reference: Revelation 12:11a, NIV

Activity: Connect Four

Items needed: Space

How to play: Students will be looking for three other people they have something in common with to connect. To start the game, call out random things they may have in common. Example: Find three other people with your favorite color. Give students 30 seconds to connect into their group of 4. They cannot connect in the same group back to back. Play several rounds of this to allow the students to use this game to get to know one another better and see how much they have in common with everyone.

Stomp Points:

- We overcome by the blood of the Lamb and the word of our testimony.
- Share your testimony.
- Everyone's testimony is different but offers the same message of God's love and hope.
- Where would we be if no one was willing to share with us?

Discussion Questions:

Acknowledge how far your group has come over the past few weeks in learning about how to overcome Anxiety Elephants and implementing these strategies.

Ask them to share how God has helped them overcome and become more confident in their faith.

Ask them how they are going to use these victories to share hope with others around them.

Soft Stomp:

Have paper or notebooks ready. Ask students to write down how God has changed their thinking and living. Have them list words to use to share with others needing encouragement.

