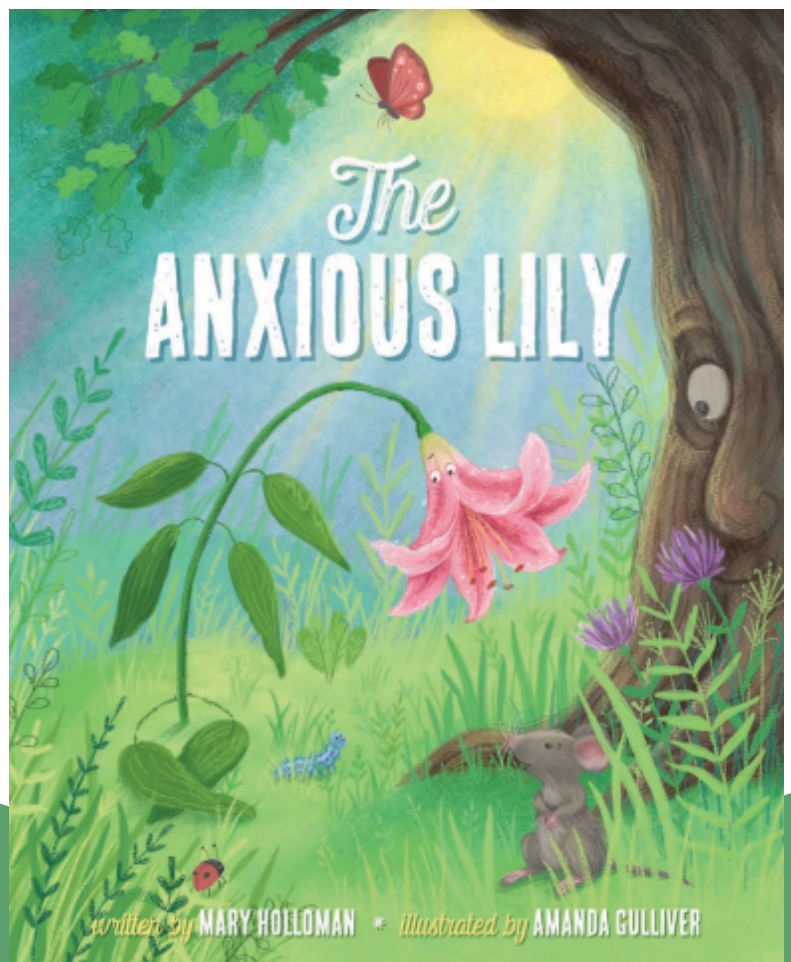


Activity Packet

for *The Anxious Lily*
By Mary Holloman



Included:

- A letter from the author
- Book discussion questions
- Activity sheets
- Scripture memory cards
- Strategies to help children with anxiety

A Word for Parents & Caregivers

Did you know the Bible mentions fear, worry, and anxiety more than 350 times? I'm reminded of Hebrews 4:15, which says, "For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin."

How gracious of God to speak so much about feelings and emotions he knows we struggle with! When you or your children struggle with fear and anxiety, know you are not alone - God has spoken specifically to these struggles in his word. We just have to read it!

It's my hope that this **Activity Packet** will provide meaningful discipleship opportunities through activities and discussions. Each of the enclosed activities is meant to supplement the book, *The Anxious Lily*.

If you find this packet helpful, I would love to hear from you! Please don't hesitate to reach out at maryholloman.com, or to message me on Instagram at [@maryholloman](https://www.instagram.com/maryholloman).

Praying for your peace that surpasses all understanding,

Mary



Find more free resources at maryholloman.com

Discussion Questions for *The Anxious Lily*

Use these questions at bedtime, around the dinner table, or snuggled up on the couch as conversation starters after reading *The Anxious Lily*. Questions are bolded, and answers are in brackets.

- 1 **Can you remember some of the things that made Lola the Lily feel nervous and scared?** [She was worried the other flowers might tease her for not having an outfit; the rain might make her soggy; the wind might loosen her roots and blow her away or break her stem.] **Share about a time you have felt nervous or scared.**
- 2 **Lola thought that if she made herself many outfits, she could prepare for all her worst fears. Which of Lola's outfits was your favorite? Why do you think it's so silly for a flower to make her own clothes?** [Because flowers don't wear clothes! God provides for them and protects them himself.]
- 3 **Lola was so busy making clothes that she forgot to just enjoy being a lily. Who helped remind Lola of her purpose and of God's love for her?** [The giant oak tree.] **Is there someone in your life who reminds you of what is true? How can you do this for others?**
- 4 **In the book, it says "each time she had feared the things she couldn't know, she'd doubted her Maker who made all things grow." What is doubt?** [To feel unsure; to not have confidence in something or someone.] **How can our worries or fears make us doubt God? How do we know God will take care of us?** [God is faithful and unchanging and keeps all His promises. See also these Scriptures: Romans 8:31-32; Psalm 62:8; Proverbs 3:5-6; Philippians 4:6-7; John 14:27; Psalm 23; Matthew 6:28-30]
- 5 **In the book, it says, "for if God could give clothes to the lilies and weeds, then couldn't He also meet all other needs?" What does Lola's story teach us about how God cares for us?**
[Hint: read Matthew 6:28-30]



Name: _____

Date: _____



Lola the Lily

WORD SEARCH

Circle words in the puzzle below.

E	L	C	A	R	E	S	P	P
S	G	M	E	K	O	A	L	A
L	O	L	A	N	C	L	A	N
B	D	N	F	U	D	H	N	L
N	A	K	O	R	W	O	T	I
E	F	E	A	R	I	A	G	L
E	F	Y	C	W	O	R	R	Y
D	T	B	R	A	D	E	E	R
S	U	A	T	R	U	S	T	W



Lola
God

oak
fear
lily

cares
plant
worry

needs
trust

Help Lola the Lily find the Oak Tree

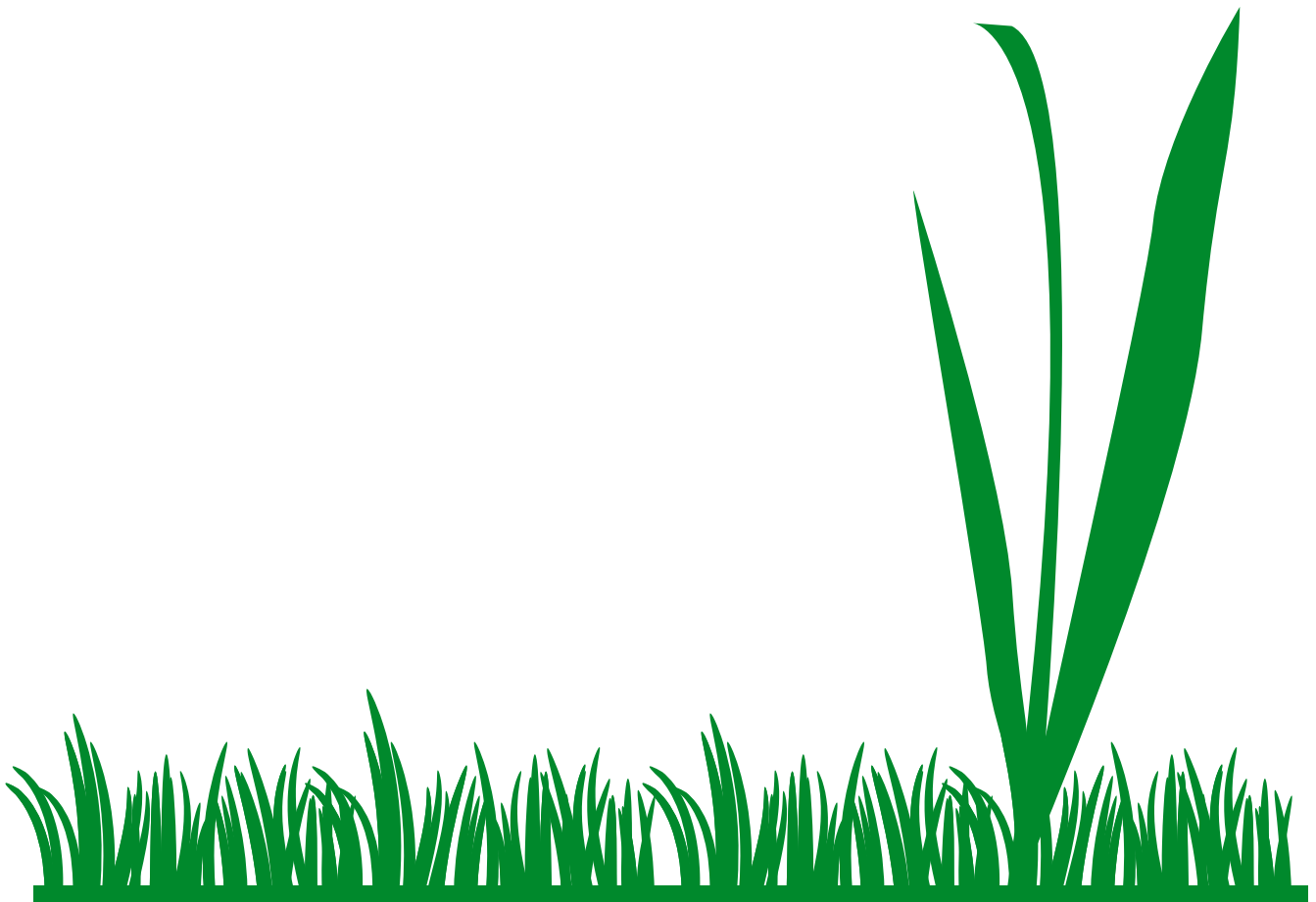
Lola needs help remembering that God provides for all her needs.

Help Lola find her way to her friend, the Oak Tree, so she can remember what's true!



God Provides All My Needs

God cares for the flowers, and He cares for you too! Use the space below to design your own beautiful flower as a reminder that God provides for all your needs.



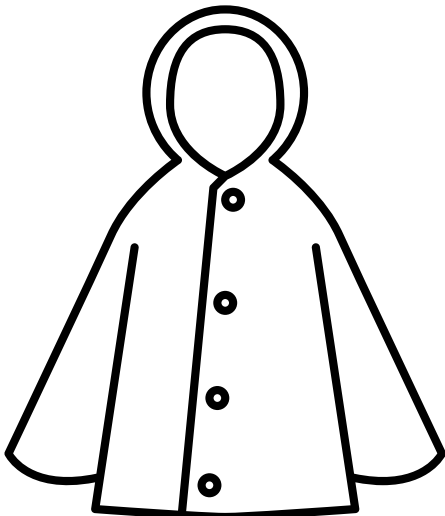
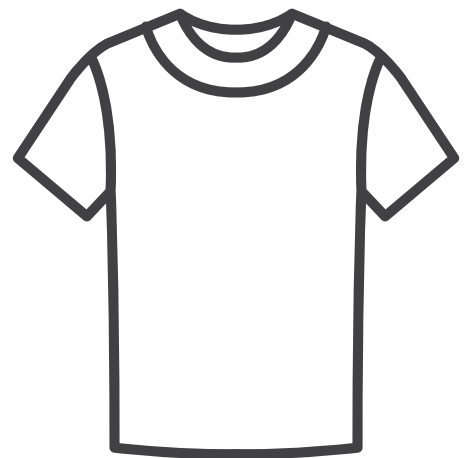
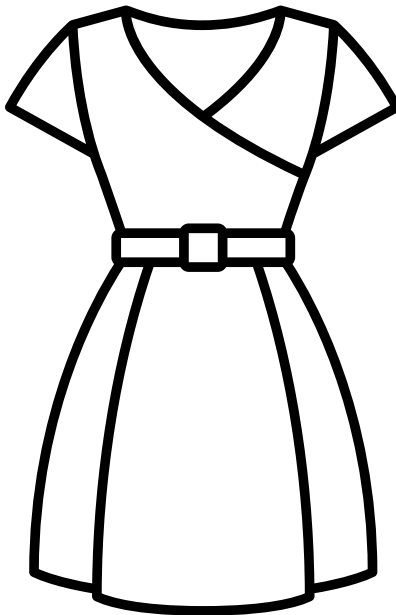
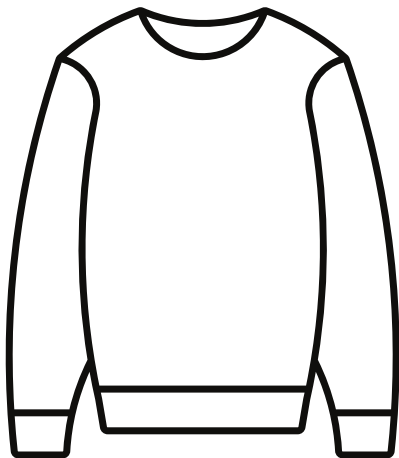
A Wardrobe for Your Flower

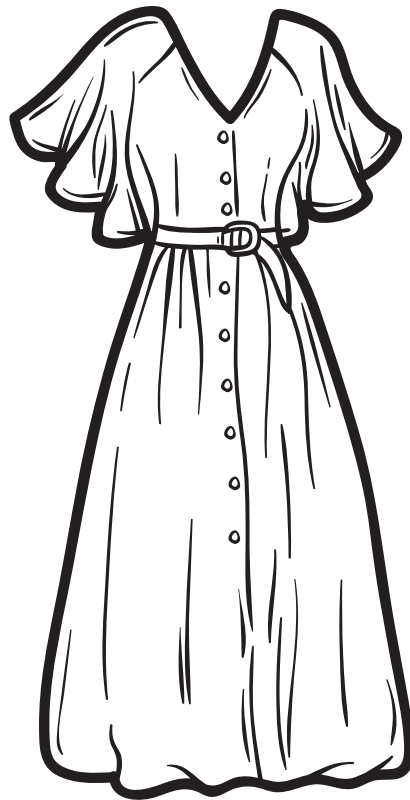
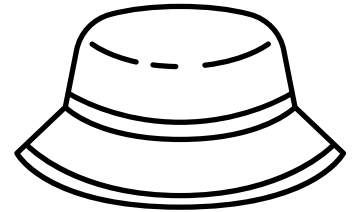
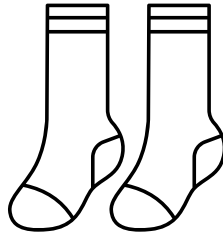
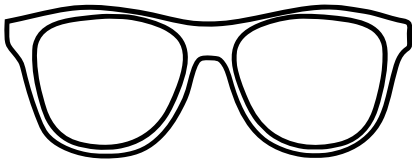
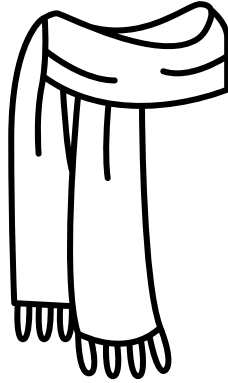
Lola the lily made her own wardrobe to prepare for her worst fears; but she realized that God had already provided her with all she needed!

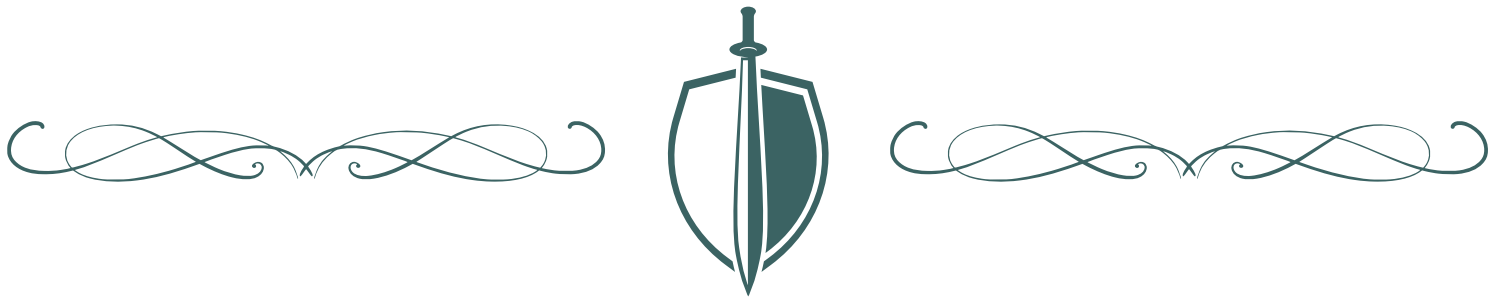
Activity: Color or decorate your favorite pieces of clothing below; cut them out, and dress up your flower with different outfits. Make the silliest outfit you can think of! When you're done, put the clothes in a pile beside your flower (just like Lola tossed hers away when she realized God had already provided for her!)

Glue your pile of clothes to the paper, and then hang your paper where you'll see it as a reminder that God loves you and provides for all your needs.

Extend the activity: write down on each piece of clothing something that makes you feel worried or afraid. As you make a pile of the clothes beside your flower, pray and ask God to help you trust him with your worries. Thank God that he cares for you and always keeps his promises.







6 Ways to Help

YOUR CHILD WITH ANXIETY

1 Listen and repeat back what you hear.

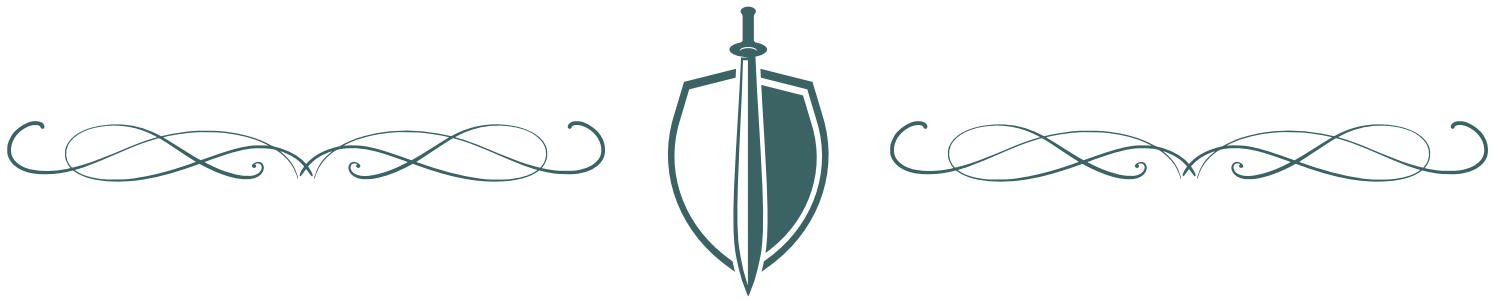
Allow your child to explain his concerns before you try to present solutions. Allowing your child to put words to his concerns can be instrumental in relieving stress. Repeat back what you hear (you can start your sentence with, "It sounds like..."). This will show your child you were listening and heard correctly; if you didn't, it will allow your child to correct you and provide more context or a more accurate explanation.

2 Name his or her feelings, but start with low-intensity words.

Aim for "low-intensity" words and allow your child to raise the intensity as needed. For example, instead of saying, "you sound **terrified**," you might say, "you sound **concerned**." If your child truly is terrified, this will give her the opportunity to correct you and raise the intensity herself, instead of planting the idea of being "terrified" in her head when she really might only be "concerned."

3 Create action steps together.

If your child's worry is about something that could actually happen (i.e. "What if it rains for my birthday party? We're supposed to have outdoor games!"), work together to make a practical response plan. ("If it rains, we have an indoor space where we can play games. Let's make a list of your favorite indoor games together.")



6 Ways to Help

YOUR CHILD WITH ANXIETY

continued

4 Breathe together.

Breathing can help your body and mind calm down. Deep breathing actually supplies your brain with more oxygen and stimulates the parasympathetic nervous system, which promotes calmness. (That's also fun information you can share with your kiddos who love science and interesting facts!) Some strategies to practice deep breathing: (1) Ask your child to pretend he's blowing bubbles slowly with an imaginary bubble wand. (2) Have your child imagine she is slowly smelling a slice of pizza (or whatever her favorite food is).

5 Ask, "Is there anything you can do about that?"

Asking this question can help bring perspective to a worrisome situation. It may be that there **is** something practical your child can do to address his worry (and if that's the case, see #3!). Help him do what he can. If there is nothing he can do about that specific worry (i.e. control the weather or control who his school teacher will be), then say it out loud and redirect. Pull out one of your Scripture cards (see next page!) and pray God's promises.

6 Take thoughts captive.

Intrusive thoughts are a normal part of life, but that doesn't mean we have to let them have their way in our minds. Help your child identify intrusive thoughts, and then visualize "taking them captive" (tying them up, throwing them in a jail cell, etc.). Have memory verses or biblical truths ready to replace those thoughts. **(See next page for Scripture ideas and printable cards!)**



Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6,7



When anxiety was great within me, your consolation brought me joy.

Psalms 94:19



Trust in him at all times, O people; pour out your heart before him; God is a refuge for us.

Psalms 62:8



What then shall we say to these things? If God is for us, who can be against us?

Romans 8:31



Trust in the Lord with all your heart and lean not on your own understanding. In all your ways acknowledge him, and he will direct your paths.

Proverbs 3:5,6



Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

John 14:27



Cast all your anxiety on Him, for he cares for you.

1 Peter 5:7



And which of you by being anxious can add a single hour to his span of life?...But seek first the kingdom of God and his righteousness, and all these things will be added to you.

Matthew 6:27,33



**God promises
to comfort me.**



**I can tell God everything
that's on my mind. He
promises to give me peace.**



**God is all-powerful and in
control of everything -
and he's on my side! So I
don't have to be afraid.**



**God is a safe place for me,
so I can trust him no
matter what.**



**God promises to give me
a special kind of peace
only he can give.**



**I don't have to know
everything, because God
does! He promises to lead
and guide me.**



**When I make knowing
God my most important
goal, he promises to take
care of everything else.**



**God cares about me and
wants to hear from me.**