



Doodle

WE NEED EACH OTHER | UNIT 1

ENCOURAGE EACH OTHER

>>> Pick three ways you can encourage others today. Write a couple of your own ideas too!

Invite someone to join you.

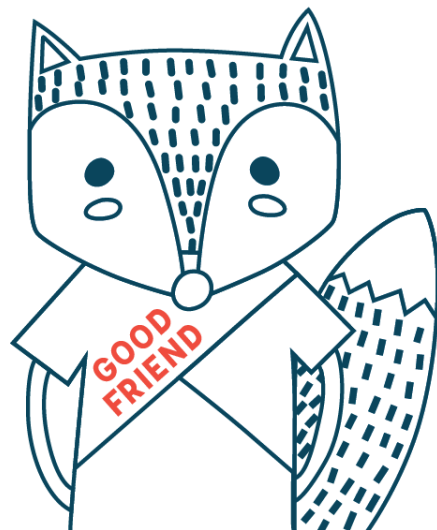
Give someone a high-five.

Hold the door open.

Just listen to a friend.

Say, "Good morning!"

Smile and wave at a friend.



Activity 1

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USE THE
KEY VERSES
TO FILL IN THE
MISSING WORDS.

GENESIS 2:18

THE LORD GOD SAID, 'IT IS
NOT GOOD FOR THE MAN TO
BE ALONE.'

1 THESSALONIANS 5:11

THEREFORE, ENCOURAGE
ONE ANOTHER AND
BUILD EACH OTHER UP!

IT IS _____ FOR
THE _____ TO BE _____.

BUILD _____
_____ UP!

KEY FRIENDZY FACTS

- God designed us for friendship. We are not meant to be alone.
- We are stronger and better together. Friendships are stronger when we encourage and build each other up instead of tearing one another down. We need each other. We each have an important part to play, and a team needs every one of its players to succeed.
- We need each other for encouragement! We are going to practice encouraging and building each other up all year. When friends feel seen and their emotions are recognized, they are more likely to feel like you understand them; this will allow them to more easily accept your encouragement.

Key Verses

WE NEED EACH OTHER | UNIT 1

X JOURNAL

WE MAKE TIME TO WRITE & PRAY TO
REFLECT ON WHAT WE HAVE LEARNED &
REMEMBER TIMES IN OUR LIVES, SO WE CAN
RESPOND TO OTHERS WITH LOVE & KINDNESS.

REFLECT >>> What is something new you learned about building others up?

REMEMBER >>> a time that you felt torn down and journal about it below.
How did it make you feel?

... EXAMPLE OF FEELING WORDS

loved left out lonely mad scared
hurt encouraged sad embarrassed unwanted



Journal

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PRAYER & ACTION

RESPOND IN PRAYER >>> Jesus, thank you for giving me the ability to pray for my friends and classmates. Please give me the words to encourage continually.

RESPOND IN ACTION >>> Think of three people you can encourage! Write their names down below. Include a sentence for each person about what you could say to build them up.

>

>

>



Prayer & Action

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MIRRORING EMOTIONS

Remember our **Friendly Fact!** When friends feel seen and their emotions are recognized, they are more likely to feel like you understand them; this will allow them to more easily accept your encouragement.

>>> Read the scenarios below and color in the emoji that best describes how the person in the scenario is feeling.

Tyler had a tough day at school. He got in trouble and a note is being sent home. How is Tyler feeling?



excited



nervous



happy

Margo studied very hard for her spelling test. She only misspelled one word! She is smiling. How is Margo feeling?



proud



silly



angry

Elle loves recess. She asked some classmates to play a game with her. Her classmates ran away and decided to play something else. How is Elle feeling?



playful



sad



joyful

Solution on page 70

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Activity 2

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