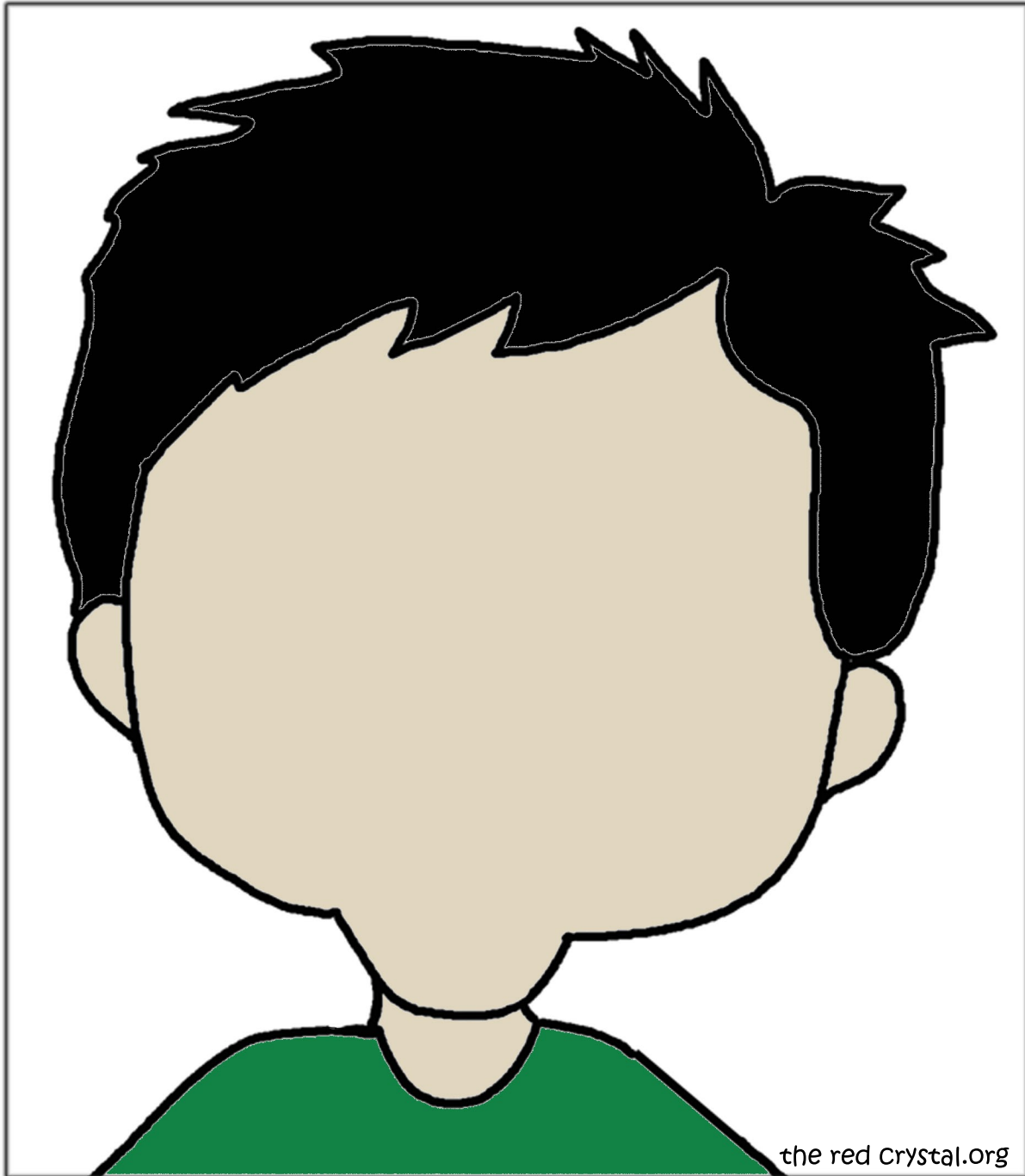


Jesus Christ knows how I feel.



Before class cut out the cards and put them in a paper bag or bowl. During class read D&C 122:8, then lay the picture of the child (with blank face) on the floor (I usually sit on the floor with everyone in a circle). Have them draw out a face and put it on the blank face of the child, ask them how that child is feeling. See if they can make that same face with their eyes and mouth. Then ask them when they are feeling sad (angry, hurt, happy), if Heavenly Father and Jesus understand those feelings? Bear your testimony (after each feeling) that our Savior and Heavenly Father understands when we are feeling like this because they have felt this way also and they know how to help us perfectly. (May want to point out that it isn't wrong to feel angry, it is how we act out those feelings that matters.)

Come follow me- For Primary "To help the children learn to turn to Christ when they experience hard things, ask them to show you what their faces look like when they are sad or hurt or scared. Who can help us when we feel this way? Read Doctrine and Covenants 122:8, and explain that this means that Jesus Christ knows how we feel, and He can help us."