



**What to Do:**  
 Print on paper and cutout, one for each Small Group.

Your parent just had a last minute trip scheduled for their job so you'll have to post-pone your birthday party. Now everything you had planned will have to change.

Your softball team lost the championship game for your league, and now your team won't get to attend nationals like you had hoped.

When you get home from school, your parents left you a list of chores to get done. You had hoped to be able to try out a new video game, but these chores are going to take all evening.

You and your best friend recently made some money selling friendship bracelets. You planned to use the money to see a new superhero movie together at the theater, but your friend accidentally misplaced the money, and now it's gone.

The last thing you want to do is eat leftovers for dinner again. You've heard your parents complain about the cost of groceries lately, and you understand they're trying to spend their money wisely. But you're so tired of eating chicken casserole - again.

You fall off the monkey bars on the playground and break your ankle. You're going to have to be in a cast all summer! Your plans to spend time at the pool with friends will now have to change.

You decided to run for student council at school. You worked so hard to campaign. You made posters to put up all over the school and gave a great speech at the assembly! Once the election results came in, you discovered that you lost.

You're so glad school is out! You look forward to sleeping in every day until 10am and spending your summer however you want. You're especially excited about having no schedule until you find out that your dad's job has changed, and he won't be working from home anymore. This means you'll have to attend day camp all summer long.

Because your parents are divorced, you feel like you're always going back and forth. It sometimes feels like you don't have one place to call home. You love the time you get with both parents, but you wish things were different.

Today is just an ordinary day. Nothing bad has happened, but nothing especially good, either. Sometimes, it feels more challenging to have joy on normal and plain days like this.

None of the friends you usually play games with online were available. You tried playing without them, but it just does not feel the same.

**What to Do:**

Print on cardstock and cut apart, one set for each Small Group.

**"Feelings Party" Activity Page**

July 2024, Week 2, Preteen Small Group  
©2024 The reThink Group, Inc. All rights reserved.