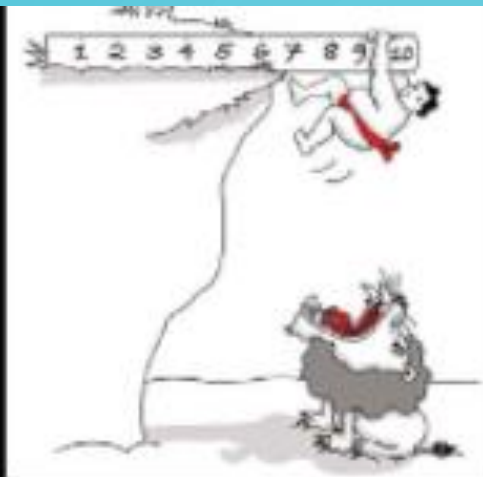


× **Faced
with a
challenge?**
7 questions to help you
S.U.M.O.



1: Where is this issue on a scale of 1 - 10?



2: How important will this be in 6 months time?



3: Is my response appropriate and effective?



4: How can I influence or improve the situation?



5: What can I learn from this?



6: What will I do differently next time?



7: What can I find that's positive in this situation?

Last week - red cap danger!





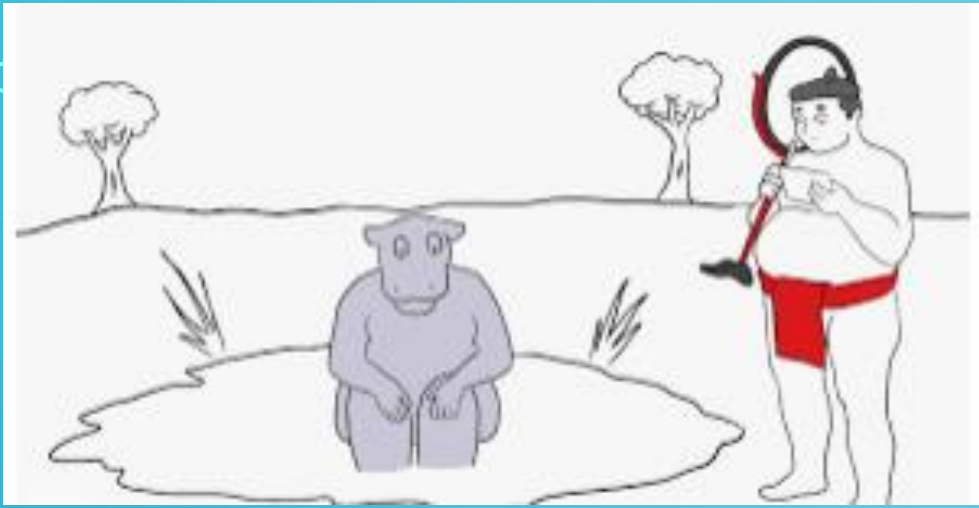
Blaming other people or objects becomes a habit.

It gets us off the hook.

You won't do your best.

You will say no to new experiences.

Other people miss who you are.



Hippos do and so
should you!

When you play...

What do you pretend to be?

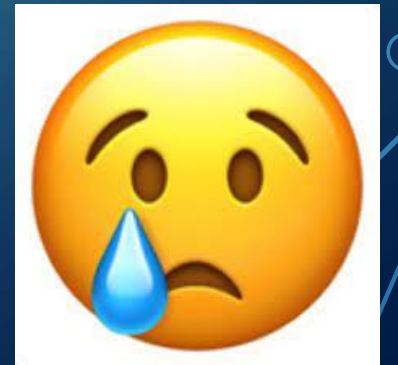


As we get older we still pretend...

We can pretend to be happy when we are not.

This can feel helpful but it really isn't.

Why?



Imagine....

You really hurt your leg at lunch time. You hide it from the teachers.

What could happen?





It is the same in our heads too!

If we don't feel ok - it is ok not to feel ok.

Feeling sad is ok.

Feeling angry is ok.

Feeling upset is ok.

Feeling frustrated is ok.



Can you remember...



Did you know,

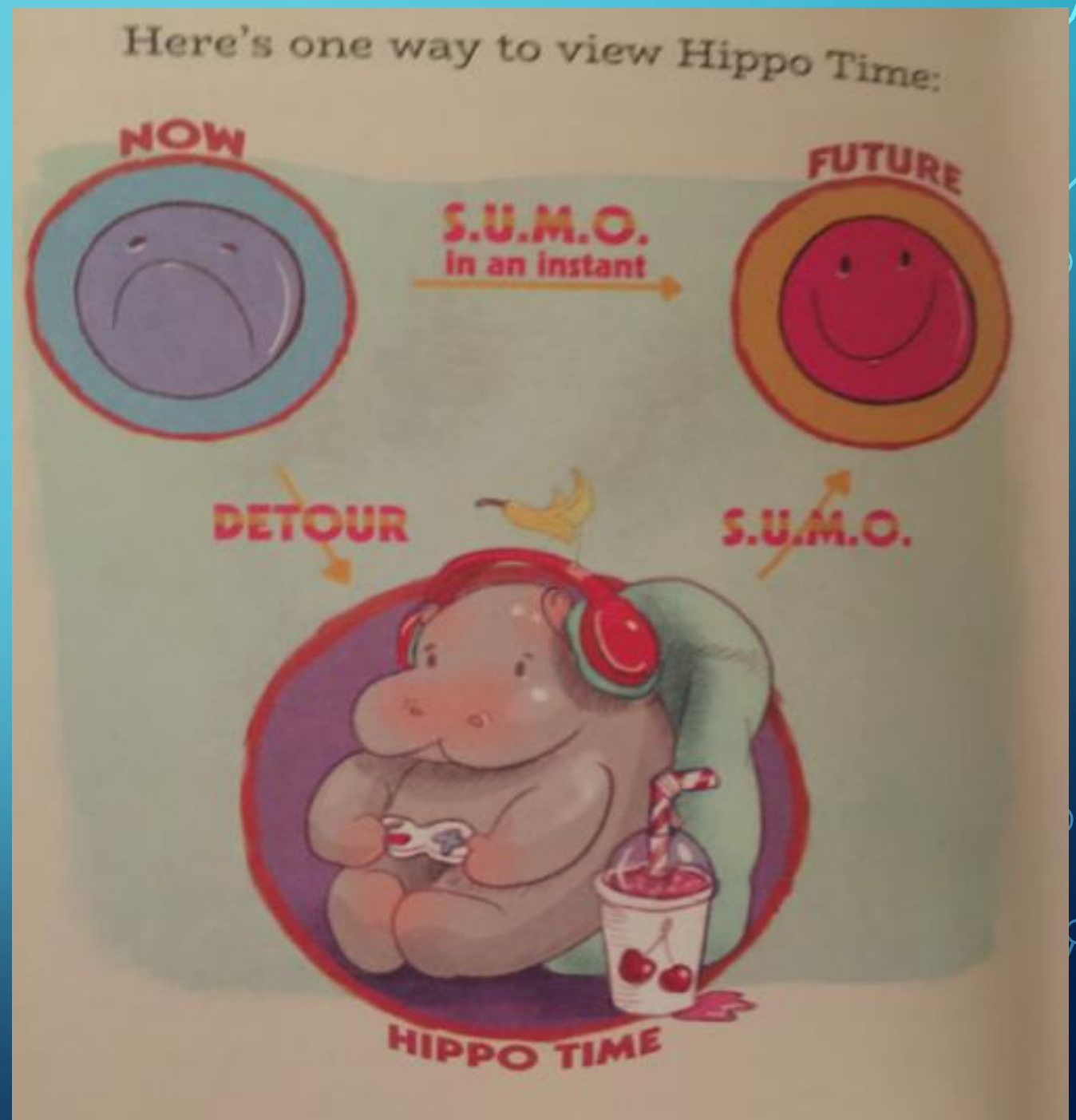
Hippos play snakes
and ladders!



SUMO Pointers!

Some people believe being sad is bad or wrong.

There must be something wrong with me.

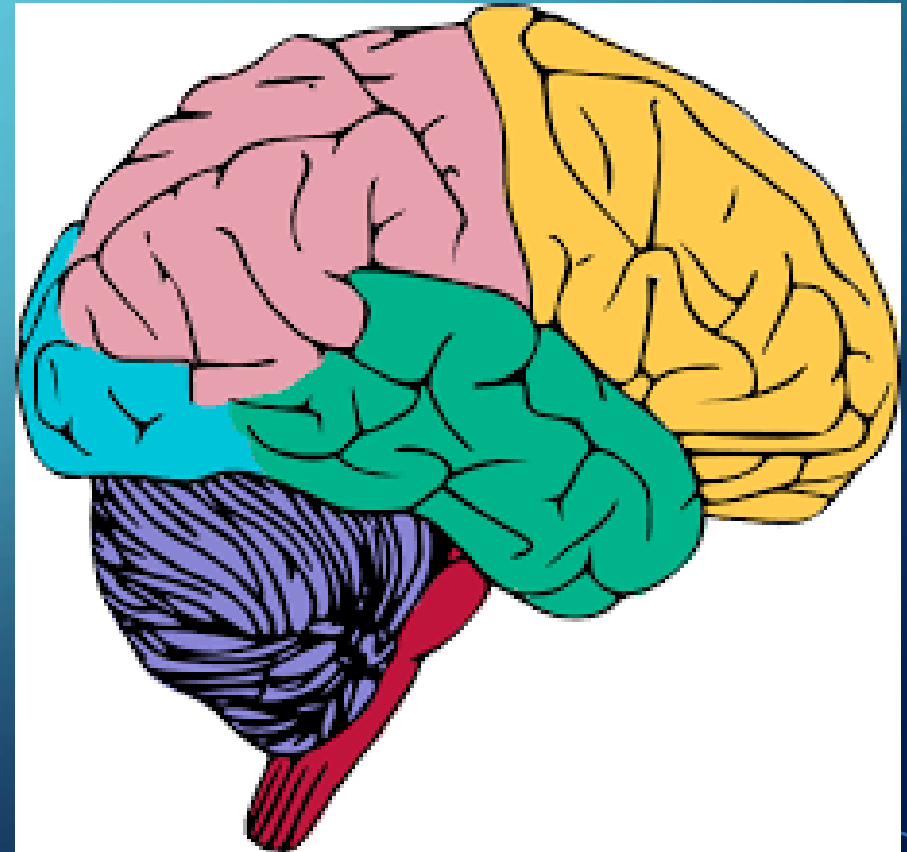




Some beliefs
contain a lie.

Not everything we tell
ourselves is true.

We need to stop and take
note of how we feel.



GET

READY

I'M

TRYING



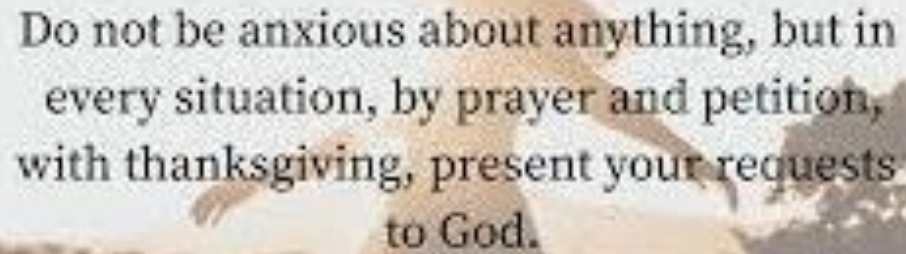
WWJD:



Come to me,
all you who are
weary and burdened,
and
I will give you rest.
Matthew 11:28

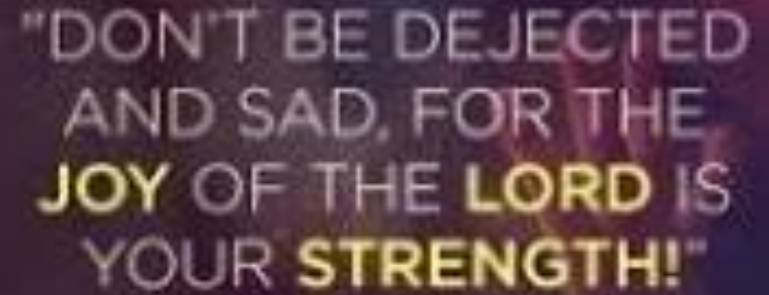


Whenever you feel
unloved, unimportant
or insecure, remember
to whom you belong.
- Ephesians 2:19-22



Do not be anxious about anything, but in
every situation, by prayer and petition,
with thanksgiving, present your requests
to God.

PHILIPPIANS 4:6



"DON'T BE DEJECTED
AND SAD, FOR THE
JOY OF THE LORD IS
YOUR STRENGTH!"

- NEHEMIAH 8:10

Prayer for taking time

God our Father,

Thank you for being with us today as we meet together. You are our joy and our strength. Help us to know ourselves when we are feeling sad, angry or frustrated. Help us to remember it is ok to take calm time, talk with you and come back ready to go for it.

Amen