

2020-2021

Middle School

WEEKLY CUES

YOU GOT
THIS!

Theme

Trending: Coping

THINK ABOUT THIS:

Trending is a series of standalone messages that covers relevant and important topics in the life of your middle schooler. In this week's *Trending* message, we're talking about the difference between helpful and unhelpful coping skills your middle schooler may be using to deal with what they're feeling. As your kids mature and grow, they're dealing with a wide range of new emotions, experiences, and behaviors that may leave them struggling to cope in a healthy way. Introducing and encouraging helpful coping skills now will help them not only recognize the ways they can better manage their emotions, but also help them see areas in which they may not be coping well.

Week One

Lamentations 3:19-23

You can choose what to do with how you feel.

REMEMBER THIS

“The faithful love of the Lord never ends! His mercies never cease. Great is his faithfulness; his mercies begin afresh each morning.”
Lamentations 3:22-23, NLT

Middle School

DAILY CUES



Morning Time

Think about some of your own coping skills. What healthy coping skills are you modeling for your kid? What about unhealthy ones? If you're feeling brave, you can even ask your kid what they see you do when you're stressed, frustrated, or sad to get an idea of the coping skills you're modeling for them.



Drive Time

Come up with a list of healthy coping skills that might help you and your middle schooler better deal with what you're feeling. Then, try to practice a few of those as a family. Go for a walk, do some breathing exercises, watch a funny TV show, pray—whatever is on your list, work together to put those healthy coping skills in action this week.



Meal Time

Start a conversation with your family about the ways you each cope. List a feeling (bonus points if you use the Feelings Wheel!) and have each person share what they do when they feel that way. Talk about how that behavior or response could be helpful or unhelpful.



Bed Time

Getting your middle schooler to talk about what they're feeling or experiencing isn't easy. So, ask them a question that's easier to answer to get a clue of what's going on in their hearts and minds. Start with something like this: "On a scale of 1 to 10, how are you feeling today?"