

If you've ever had a piggy bank, you know the satisfaction of filling it up—and the disappointment of finding it empty. According to experts, there's an invisible banking system going on in the world called "emotional banking." The idea is that people are constantly making deposits from and withdrawals into each other's hearts: deposits (when encouraging things are said) and withdrawals (when discouraging things are said). People who study relationships say that to keep our emotional banks from going broke, humans need seven deposits to make up for every one withdrawal. In 2017, 9-year-old Yasmin Soferi cowrote a book called *Emotional Banking for Kids: Simple Tools for Helping Children Control Their Emotions*. In the book, Yasmin says there is no reason for any child to feel left out emotionally. She says that kids ages 9 to 12 can take responsibility and choose to make good deposits by whatever they say and do.

Think About It . . .

- How would it feel to find your piggy bank unexpectedly full of money?
- Why do you think it takes seven deposits in an emotional bank to make up for one negative withdrawal?

THE BEAT

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Lesson 9



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Bank on It!

Draw a big box on the board and label it "Emotional Bank." Have the kids take turns naming encouraging or discouraging words or actions. For each encouragement, draw a smiling face in the bank; for anything discouraging, erase a face. If the bank gets empty because there are no more smiling faces to remove, draw a big X over the bank and declare it bankrupt. Talk about how someone might help to reopen a closed emotional bank. **SAY: Let's dig into God's Word and see what it says about how we can show love by encouraging others.**

How do you plan to show love by encouraging others this week?