

QUINN'S PROMISE ROCK

HELPING KIDS TALK ABOUT ANXIETY AND GOD



NO MATTER WHERE, GOD IS ALWAYS THERE

Quinn's
Promise
Rock



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About "Quinn's Promise Rock"

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While especially powerful for children experiencing moments of separation anxiety or other common fears, Quinn's Promise Rock reminds ALL kids that God will always be there for them, whatever happens or wherever they go.

DISCUSSION GUIDE FOR "QUINN'S PROMISE ROCK"

For Preschool–Grade 6, emphasis on faith and mental health

After reading the book, ask:

1. What situations make you afraid/anxious? (*School drop off, swimming, flying, the dark, etc*)
2. Why do you think Quinn's dad compares God to a rock? What are rocks like?
3. (*Read Psalm 62:7 and/or Psalm 31:1–3.*) The author uses two of the same word pictures as the ones in *Quinn's Promise Rock*. What are they? How can an invisible God be like a rock?
4. (*Read one or more of these verses together: Philippians 4:6–7, Joshua 1:9, Matthew 28:20*). All these verses remind us that we can be brave because God, our guide, protector, and safe place, is with us. Would you like to memorize one?
5. Quinn's dad comforts her, but not everyone has a dad. What adult in your life is a safe person for you? (*Read Psalm 103:13. This conversation could lead into God being a Father for everyone.*)



DISCUSSION GUIDE FOR "QUINN'S PROMISE ROCK"

For Grades 4–6, emphasis on literary elements

After reading the book, discuss the following literary elements:

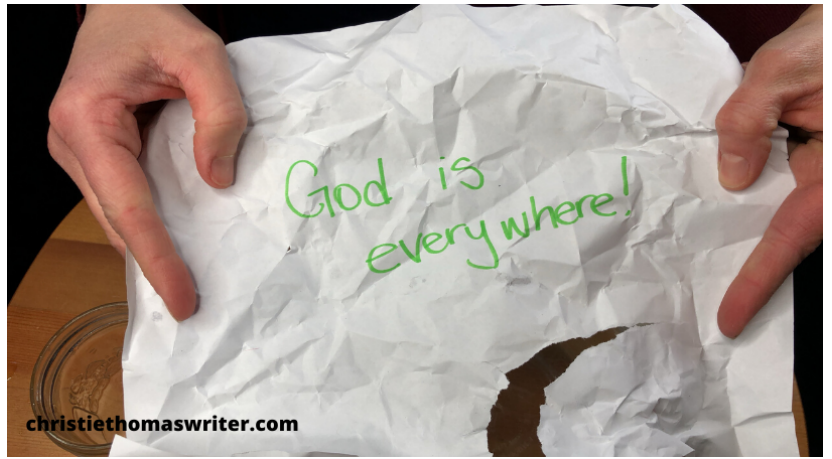
1. **METAPHOR:** A metaphor is a word picture that shows how unexpected things are alike. The Bible (and this book) uses the metaphor of a rock to explain what God is like. But God is not ONLY like a rock. What other metaphors does the Bible use to describe God? (*possible answers: shepherd, father, king, fire, bird, living water, etc.*) What metaphor would YOU use to describe God?
2. **THEME:** Authors often write stories because they want to share a certain idea with their reader. This is called a theme. What is the theme of this book? Who do you think it was written for? What kind of person? What age? What are their struggles? What are the clues that show you the answers to these questions?

WHERE IS GOD?

An object lesson for ages 5-12

SUPPLIES:

- a cup
- a full piece of paper
- a container that's taller than the cup, filled with water



INSTRUCTIONS:

You will be proving that air is in the cup, even though you can't see it. To do this, you'll crumple up a piece of paper and stuff it in the bottom of the cup. Then you'll completely submerge the cup in water, upside-down. When you pull the cup out, the paper will be dry, proving that air was in the cup, providing a little pocket of protection for the paper!

WHAT TO SAY:

First, ask the kids if there's anything in the cup. If you have a real smart aleck, they might say there's air in the cup, but most kids will say there's nothing.

SAY: I am going to prove that there is something in this cup, something you can't see or touch or smell!

You can write a secret message on the paper if you wish, or just leave it blank. Crumple it up and stuff it into the bottom of the cup. Make sure it will stay when you hold the cup upside down.

SAY: I am going to completely dip this cup in the water, and the paper is going to stay dry because there's SOMETHING in there that is going to protect the paper.

Next, submerge the cup completely in the water. Make sure to hold the cup straight up and down. Pull it out, and check the paper. Is it dry? It should be!

ASK: Do you know what protected the paper?

SAY: Even though the cup seemed to be empty, it actually wasn't. There was air in there the whole time. Just like the air in that cup was there the whole time, God is everywhere, all the time. We can't see him, just like we couldn't see the air in the cup. But he is with us and cares for us, just like the air protected the paper in the top of the cup. This reminds me of Quinn's Promise Rock! Quinn was afraid that she'd be alone, but her father reminded her that she'd always be with God...and gave her the little rock as a reminder.

PROMISE ROCK

A connection craft for younger children, emphasis on fine-motor skills

SUPPLIES FOR EACH CHILD:

- small rocks
- markers (permanent work best)
- or paint (glow-in-the-dark is especially fun)

INSTRUCTIONS:

1. Remind children of the Promise Rock in the book. Tell them that they are going to take home their very own Promise Rock today.
SAY: "You can put this rock in your pocket, and when you touch it, it can remind you that God is always with you."
(You might need to remind preschoolers that the rock is not God, it just *reminds* them of God.)
2. Let them choose a rock and decorate it!



EXTENSION ACTIVITIES:

STORM HIDEOUTS

Quinn and her dad have to hide from a storm, and they choose the inside of a cave. Have kids create their own "caves" with tables and blankets. You can discuss storms, talk about the things they'd want to bring into their cave, or what they could do if a real storm hits. They can also talk to God about any fear of storms.

GOD WILL FIND YOU

Quinn experiences a sense of separation anxiety. To remind kids that God truly cares and will not give up on them, read the Bible story of either the lost sheep (Luke 15:1-7) or the lost coin (Luke 15:8-10).

Scatter cotton balls (as sheep) or coins around the room, and have kids hunt for them until the very last one is found. Remind kids that just like they hunted for the sheep/coins, God will always chase after them with love.

EXTRA RESOURCES FOR TEACHERS AND FAMILIES:

ARTICLES

How to help your child with separation anxiety

<https://www.christiethomaswriter.com/parenting/a-comprehensive-guide-for-how-to-help-kids-with-separation-anxiety/>

12 Scriptures for anxiety and depression

<https://www.christiethomaswriter.com/encourage/scriptures-for-anxiety-and-depression/>

Christian picture books for anxious kids

<https://www.christiethomaswriter.com/mommy-blog/christian-picture-books-for-an-anxious-child/>

8 prayers to help a child with anxiety

<https://www.christiethomaswriter.com/kids-ideas-blog/prayers-to-help-a-child-with-anxiety/>

How to fight anxiety with gratitude

<https://www.christiethomaswriter.com/parenting/how-to-fight-anxiety-with-gratitude/>

Helping a child who's afraid of storms

<https://www.christiethomaswriter.com/kids-ideas-blog/weather-anxiety-child/>

CHRISTIAN BOOKS FOR ANXIOUS KIDS

It Will Be Okay – Trusting God Through Fear and Change (Lysa TerKeurst)

Firebird – He Lived For The Sunshine (Amy Parker)

Little Mole Finds Hope (Glenys Nellist)

Zoe's Hiding Place (David Powlison)

Anxious Abby and the Camp Trust Challenge (Alyssa Cathers)