

KINDNESS

Showing others they are valuable by how you treat them

BOTTOM LINE: Be kind to others because God is kind to you.

Read Ephesians 4:32

DAY 1

Pray about the Golden Rule

Grab the Golden Rule page you brought home from small group this week. Read the words aloud with someone in your family. (Hint: If you don't have one look up Luke 6:31 in your Bible.) Together, talk about what that would look like in your life. Is it lending a helping hand or just saying "Hi!" to someone you see in your school?

ASK God to help you practice the Golden Rule in your own life this week. Pray something like this: "Dear God, I would like to treat others the way I want to be treated. Please give me opportunities to show others kindness this week. I love you, Amen"

DAY 2

Throw Kindness Like Confetti

Kindness should be like confetti. How can you throw kindness around like confetti today? Grab some paper and rip it into a few pieces (leave pieces big enough to write on). Think of someone specific and write one kind word about them on each piece of paper. You can use words like kind, nice, smart, or helpful. Fold up the papers, find the special person, tell them what you did and throw the kindness confetti around them! Don't forget to be kind and help pick up the confetti after.

THANK God that kindness can be spread to others through you!

DAY 3

Recite Kindness

Have someone help you find Ephesians 4:32 in your Bible. Say the verse together a few times. Talk about what you can do when someone isn't kind to you or what you can do when you don't always feel like being kind. Say the verse together one more time and think of it every time being kind feels hard.

LOOK for opportunities to show kindness to others even when it's hard.

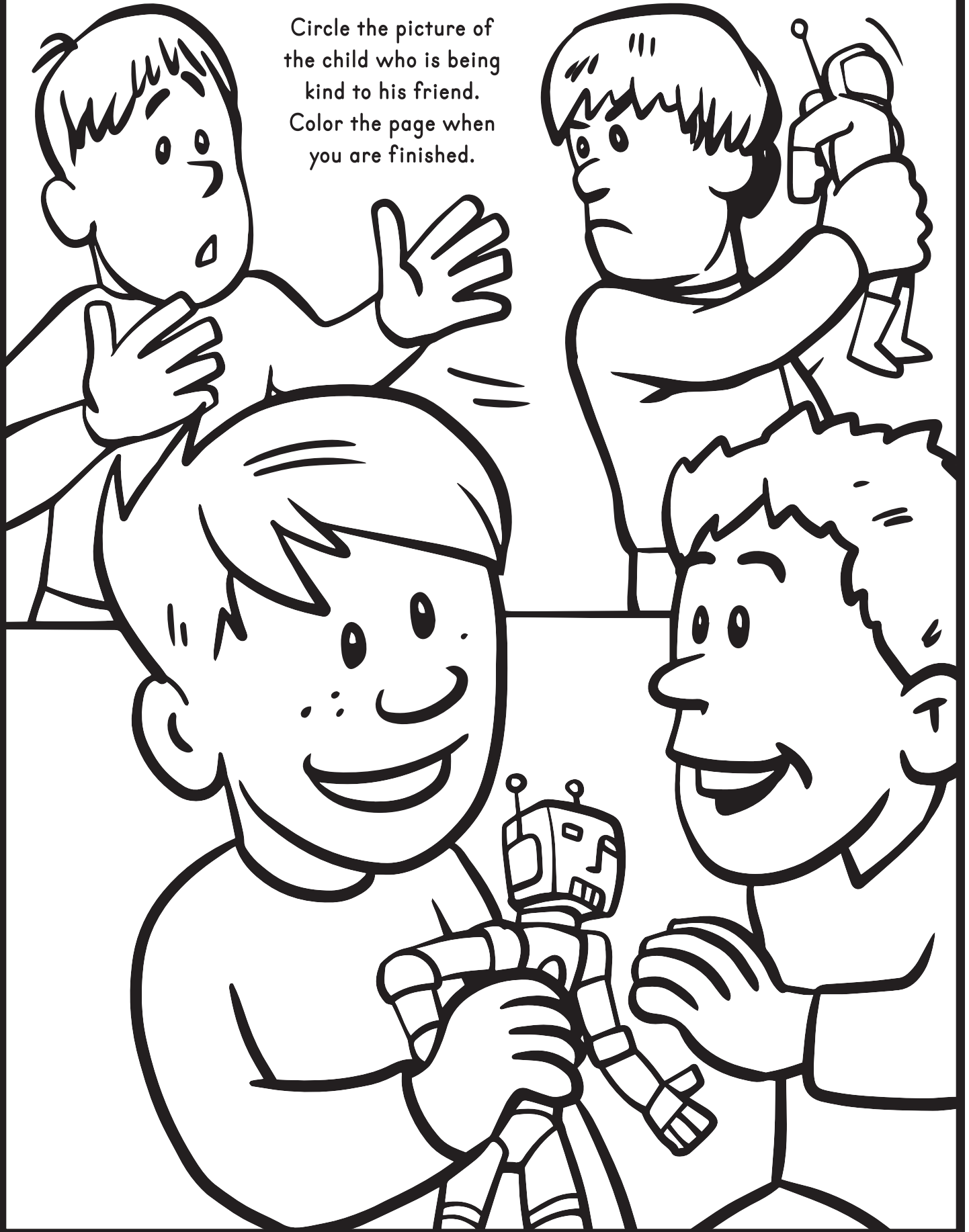
DAY 4

Battle of the Kinds

To be kind or not to be kind. That is an everyday battle! Get a partner and take turns acting out what kindness is and what it is not. One person can start by acting kind to the other and then the other person can take a turn acting out something unkind. Keep switching back and forth. After a few rounds, talk about how being kind and unkind made you feel.

KNOW that there will be battles, but try and let kindness win whenever you can!

Circle the picture of
the child who is being
kind to his friend.
Color the page when
you are finished.





KINDNESS

Showing others they are valuable by how you treat them

WEEK 2
K-1st

BOTTOM LINE: Be kind to your family and friends.

Read Romans 12:10



Kindness Card

Who is a friend that you can show kindness to this week? Make them a special card letting them know that they are special to you. Draw a picture of the two of you or write what you like about them! When you hand them the card tell them that you care about them and you enjoy their friendship.

ASK God to allow you to surprise a friend with a kindness card this week.



Kindness Chain

Grab a piece of paper, scissors, a pencil, and some tape or a little glue. With help from an adult, cut the paper into 5 long strips, on each strip write the name of a friend or family member you will show kindness to this week. Once you are done, loop the paper together using tape or glue to create a chain. Each day rip off one of the links and do or say something kind to the person you wrote on the paper.

THANK God you have people in your life that you get to show kindness to like God showed you.



Kindness Can

Start today by reading Romans 12:10 in your Bible. Treating someone kindly makes both you and the other person feel good. Find someone in your house that you can make feel good by doing something for them. Maybe it is helping your parents with dinner or sharing a new toy with a sibling without them asking first! Honor them by deciding to act out your kindness.

LOOK for someone to show kindness to today.



Kindness Poetry

Make a poem using the word **KIND**.

Write a word or words that begin with each letter in the word kind to remind you how you can show kindness every day. For example: 'K' could be, Kind, or 'I' could be, Include others. Hang up your poem in a special place so you can see it as a reminder to show other you care about them.

KNOW that you have the ability to show God's love to others by the way you treat them.



KINDNESS

Showing others they are valuable by how you treat them

BOTTOM LINE: Be kind to people who are overlooked.

Read Luke 6:31

DAY **1**

Reaching Out

Find someone at school or in your neighborhood that is often alone or doesn't have many friends. Go and join them in whatever they are doing. Sit next to them at lunch. Swing with them on the playground. While you do, look for other ways to show them kindness and do it!

ASK God to help you show kindness to those who are often overlooked by others.

DAY **2**

Give Kindness Away

Look around your house for toys or clothes that you don't use anymore and bless someone else with them! Ask an adult to help you donate these items to others in need around you. If you are not able to donate at this time, that's okay! Spend some time praying for those around you who may be in need.

THANK God you have been blessed that you can now bless others!

DAY **3**

"Do to Others" Order

Let's focus on trying to remember our memory verse, Luke 6:31. Grab some paper, scissors, and a pencil. Count the number of words in your memory verse including where you find it in the Bible and cut the same amount of paper pieces. Write one word per paper, shuffle them up, put them in the correct order and say the verse. Do this a few times and invite others to join you!

LOOK for ways to show kindness to people around you even when others don't.

DAY **4**

Pray for the Overlooked

Take some time and think of people who can be often overlooked by others. Who would they be? Is it a homeless person, an elderly neighbor, or maybe a new kid in your school? Sit down and pray for them today. Pray something like this: **"Dear God, I pray for those who are overlooked around me. I pray that they will feel you love them. I pray that they will be shown kindness today. I love you, Lord. Amen"**

KNOW that sometimes you're the only kindness someone will see. Be kind to everyone.



DONATE

KINDNESS

Showing others they are valuable by how you treat them

BOTTOM LINE: Be kind to people who aren't kind to you.

Read Matthew 5:44

DAY 1

Kindness Hurts Sometimes

In your Bible, look up Matthew 5:44. There will be many times when someone is mean to you and you're going to be tempted to be mean to them. But when that happens, think about what Jesus did for you and how He loves you. Ask Him to help you have the strength and courage to be kind even when someone is mean.

Pray something like this: **"Dear God, Please help me show kindness to those who do not show me kindness. Give me the strength to be different and show them they are still loved, even though it hurts me. Amen."**

ASK God to give you strength to show kindness even when it hurts.

DAY 2

Kind vs. Unkind

Grab a piece of paper and a pencil. Fold your paper in half and write **UNKIND** on the one side of the fold and **KIND** on the other. Write or draw things that are not kind under the word unkind and kind things under the word kind.

For example:

Unkind: not sharing, fighting

Kind: helping, saying nice things

LOOK for ways to show others some of the kind things on your list this week.

DAY 3

Payback!

Sometimes we hurt other people by not being kind. Maybe we fought with our sibling or talked back to our parents or teacher. Pay them back with kindness. Draw them a picture of what you could have done to show them kindness and pass it along with an apology from you!

KNOW that people need our kindness, especially after we have been unkind to them.

DAY 4

Be Kind to the Unkind

Remember when we prayed for the strength to be kind to the unkind? Now it is time to act! Think of something you can do or say to the person who hasn't been very kind to you. Can you ask them to play with you, give them a compliment, or just smile at them? Show them God's love through your kindness!

KNOW that sometimes you're the only kindness someone may see, so it's important to be kind to everyone.

