

What-To-Do Card



KINDNESS KEEP-IT-UP

Choose someone in your family to read 1 Thessalonians 5:11.

❓ Tell about a time someone said something kind and encouraging to you. How did it make you feel?

Kind, encouraging words lift us up and make us feel happy. Play a game to see what that's like!

- Take a balloon into the playing area.
- As a family, keep the balloon up in the air and don't let it touch the ground.
- Whoever taps the balloon up says something kind to the family member who tapped it before them.
- When the balloon touches the ground, everyone says 1 Thessalonians 5:11 together.

FOR LITTLE ONES

Young children may need help thinking of kind words. Write some ideas on the station's tablecloth for families to say or recruit a few volunteers to give ideas.

What-To-Do Card



BUBBLE POP PAINTING

First...

1. Blow some bubbles from the clear bottles.
2. Have fun blowing, chasing, and popping the bubbles.
3. After a few minutes, sit together as a family.

❓ Once we blew the bubbles, could we put them back in the bottle? Why?

Once the bubbles are out, they fly away and pop. The same goes for our words. Words come out of our mouths, and if they're unkind, we may want to take them back. That's why we have to be so careful about how we speak to others.

Then...

1. Carefully blow colorful bubbles to create a beautiful picture.
2. Dip the bubble wands into the food coloring mixture and blow onto the paper. Try these fun techniques:
 - Blow different colors on top of each other to create new colors.
 - Have one person blow the bubbles and have the other person try to "catch" the bubbles with the paper.
 - What happens if you blow the bubbles close to the paper? What happens if you hold the wand further away?
3. Take your art home with you and display it somewhere you'll see it often. It'll remind your family to rewind and be kind!



FOR LITTLE ONES

If younger children have trouble blowing the bubbles out of the wand, have the child hold their paper and try to "catch" the bubbles while their parent or older sibling blows them.

What-To-Do Card



KIND WORD TOSS

The words we say to others will either fill them with happy feelings or sad feelings. Play a game to help your family notice the difference between kind words and unkind words.

- Take turns choosing a ball and reading what it says.
- Decide if the words are kind or unkind, then try to toss the ball into the bucket that shows how'd you'd feel if you heard those words. If you miss, have a kind family member retrieve the ball and put it in the bucket for you.
- When you are finished, bring all the balls back to the starting bucket.

When it comes to saying kind words instead of unkind words, we all miss the mark sometimes. But with God's help, we can think about the unkind words we said, and say "I'm sorry." A Bible verse in Ephesians says, "Be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you" (Ephesians 4:32).

When we miss the mark, God helps us rewind and be kind.

What-To-Do Card



BUBBLE WRAP RACE

Rewind your mind and think back to all the places you've been this week. Do you also remember times your family members weren't very kind to each other in those places?

Now, fast forward to the week in front of you and all the places you'll go. Play a game to help you plan to be kind in all those places. Here's how!

- Take turns rolling a die.
- When it's your turn, roll a die and find the number you rolled below.
- Say one way you can show kindness at that place, then pop that many bubbles on your sheet.
- Continue until someone in your family has popped all the bubbles on their sheet. That person is the winner!

1. at home
2. while traveling in a car, bus, or train
3. at the grocery store
4. at the park
5. at a restaurant
6. at a relative's house

What-To-Do Card



SNACK, SMILE, 'N' POP!

Sometimes when we feel hungry or tired, it's easy to be mean and moody instead of kind and cooperative. So take some time to eat a snack with your family. Enjoy!

Then, once you're refueled, snap a family photo. Not just any photo—a popcorn picture! Can you all jump at once so your feet are off the ground?

One...two...three...jump!