

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.

