

Kindness means showing others they are valuable by how you treat them.



Read Ephesians 4:32

DAY
1

On a Roll

All month long we are talking about kindness which is showing others they are valuable by how you treat them. Ask an adult to help you find a die so you can keep kindness rolling! Over the next couple of days, roll the die at least three times and do whatever the number you roll suggests. So if you roll a three, you would leave a kind note for someone. If you roll a six, you would stick up for a friend.

- | | |
|-----------------------------------|-------------------------------|
| 1 - Say something nice to someone | 4 - Share |
| 2 - Clean up without being asked | 5 - Hold the door for someone |
| 3 - Leave a kind note for someone | 6 - Stick up for a friend |

Ask God to help you show kindness to others, just as He has shown to you!

DAY
2

Be Kind

Ask an adult to help you look up Ephesians 4:32. Read it together and highlight the verse. This verse is such a great reminder to be kind to others, not only because it's the right thing to do, but because God was kind to us! Grab a dry erase marker and write the verse on your bathroom mirror as a reminder to BE KIND each and every day. Pray and ask God to help you to do the same for others.

Dear God, Thank You for loving me and being kind to me. Help me to look for ways to be kind to those around me. **In Jesus' name, amen.**

DAY
3

Flower Power

Ask an adult to help you find some construction paper, glue, scissors, and a marker. Think of a friend that you would like to show kindness to today. Cut out a circle for the center of the flower. Next, cut out five ovals for the petals. Glue down the center of the flower in the middle of your paper and write your friend's name on it. Next, glue down each petal and as you do think of all the things that you love about your friend and write it or draw it on each petal. Maybe they are kind, smart, or caring. After you have done this, draw the rest of the flower on the piece of paper and find a time to give it to your friend. It's a special way to show them kindness.

Know that you can show kindness every day!

DAY
4

Spread Kindness

All month long we are talking about kindness which is showing others they are valuable by how you treat them. But what does kindness really look like? Kindness can be leaving a kind note for someone when they are sad or saying "good job" to a friend when they make a good grade. Take a few minutes to think of some ways that you can show kindness and write them on the strips of paper on the back of this page. When you decide to spread kindness, tear off one of the strips of paper and do it! Keep spreading kindness until all the strips are gone!

Look for ways to be kind to others!

Be kind to others because God is kind to you.

PARENT CUE



A series of vertical dashed lines spanning the width of the page, intended for writing or drawing.



Name

Parent Signature

Kindness means showing others they are valuable by how you treat them.



Read 1 Corinthians 13:4

DAY
1

Hard as a Rock

Is there someone in your life that it's really hard to be kind to? Maybe it's someone at school that just isn't kind to anyone and so it's really hard to show kindness to them. Ask an adult to help you find a small rock outside. Clean it off and use some paint or markers to write the name of that person on the rock. Next, hold the rock in your hand while you pray and ask God to help you show kindness to that person this week.

Dear God, Thank You for always showing kindness to me. I know You want me to show kindness to others too. I really want to show kindness to _____ but sometimes it's really hard just like this rock. Please help me to show kindness to him/her this week. **Amen**

DAY
2

Kindness Fairy

Sometimes it's hardest to show kindness to the people that are closest to us, like our family. One way you can show kindness to your family is to be their "chore fairy." You can be sneaky and try to get one of their chores done without them knowing you did it! What a great way to show them some kindness in a unique way.

Look for ways to show kindness to your family.

DAY
3

Love is Kind

Ask an adult to help you look up 1 Corinthians 13:4. Read the first six words and stop. Highlight the words, LOVE IS KIND. That means if we really love someone, we are kind to them. That means we are kind to our family, even our friends, because we love our friends too! The next time you want to show anything other than kindness remember that you love them!

Remember that God wants you to show kindness.

DAY
4

It's Not Easy

Can you think of a time when someone wasn't showing kindness? How do you think it made that person feel? How would you feel if someone wasn't kind to you? Sometimes it's hard to be strong and show kindness when other people aren't. Next time this happens, SHOW KINDNESS by standing up for the person that is getting picked on. Be a friend even if no one else will. Now that's real kindness!

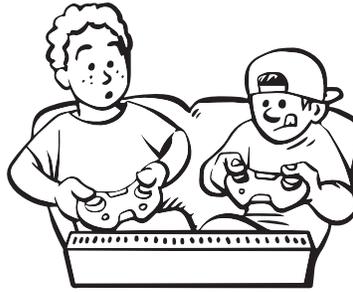
Ask God to help you show kindness even when it's hard.

Be kind to your family and friends.

Color in the pictures. Then, circle a few ways you want to show kindness this week.



FORGIVE SOMEONE



SPEND TIME WITH A FRIEND



HELP CLEAN UP

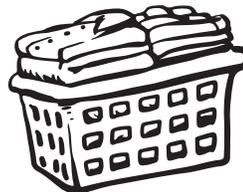


WRITE SOMEONE A KIND NOTE



HIGH-FIVE A FRIEND

HELP SOMEONE HAVING A TOUGH DAY



DO AN EXTRA CHORE



JUST LISTEN TO A FRIEND



HOLD THE DOOR OPEN FOR SOMEONE



INVITE SOMEONE TO JOIN YOU



Kindness means showing others they are valuable by how you treat them.



Read Matthew 5:41

DAY
1

Sneaky Kindness

Ask an adult to help you look up Matthew 5:41 and highlight or underline the verse. What does it look like to “go the extra mile” when we are talking about kindness? It means that we are kinder than we have to be. That means showing kindness in ways that aren’t expected. So, this week practice being sneaky kind. Your mission today is to write a kind message with chalk in a friend’s driveway. But don’t let them see you. Let it be an unexpected bit of kindness from you.

Show kindness even when you don’t have to.

DAY
2

Drop a Note

All week long, you are going the extra mile like our Bible story taught us about this week. Today, write a note to a friend and mail it to them or drop it in their mailbox. When you take the time to write a note to someone, it shows that you were thinking about them and that they are important to you. Kindness is a big deal, especially when it is shared with someone else!

Remember to take the time to show kindness.

*Be kinder than
you have to be.*

DAY
3

Extra Dose

There are lots of people that we don’t get a chance to show kindness to. Have you ever thought about showing kindness to the person that delivers mail or packages or even the person that picks up trash every week? Now is your chance to show them some unexpected kindness. Ask an adult to help you find a piece of poster board and some markers or crayons. Now, decorate your poster with a kind message and put it in your window so everyone can experience an extra dose of kindness today!

Thank God for the chance to show unexpected kindness.

DAY
4

Expect the Unexpected

Have you ever thought to yourself, “He is really good at baseball?” or “She is really smart.” You have probably thought some very kind things about people, but forgot to actually share those things with them. Today, you get to be sneaky kind again and secretly deliver notes to each person. Flip this page over and see if you can come up with six different notes to leave for your parent, your best friend, or maybe even someone you aren’t close with but you want to share kindness with too.

Look for ways to show unexpected kindness!

I think you . . .



I LIKE
HOW YOU . . .



Thank you for...

You are really good at...



You were a
good friend when...



You
are . . .



Kindness means showing others they are valuable by how you treat them.



Read Luke 10:25-37

DAY
1

A Different Kind

Ask an adult to help you look up this week's Bible story in Luke 10:25-37. Read the story together. What stuck out to you about this story? The two men in the story were very different from each other and probably would not have normally been friends. However, the Samaritan man was able to show kindness even though he was different from the hurt man. And that is how it should be for us. God wants us to show kindness to everyone, especially if they are different from us. This week, find someone who is different than you, and show kindness to them.

Show everyone kindness.

DAY
2

Kindness Cards

There are a lot of people around you that need kindness. They may look different than you or act different than you, but they still need to be shown kindness. Grab several pieces of paper and fold them in half and then in half again. Now decorate your cards with a picture and a fun message like, "Just wanted to say hi" or "Just wanted to brighten your day." Ask your caregiver if you can drop them off for an elderly neighbor or a local retirement community.

Look for ways to be kind to those around us.

DAY
3

Put Their Shoes On

Have you ever thought about how you can be kind to someone that is different from you? Maybe someone is different because they are new at school and don't have any friends. Now, grab a pair of your mom or dad's shoes and put them on. As you put the shoes on think of someone that is different than you and put yourself in their shoes. That means do for them what you would like someone to do for you! Be a friend to the new kid at school. The world would be a much better place if everyone showed this kind of kindness.

Remember to put yourself in someone else's shoes.

DAY
4

Catch Kindness

We've talked about kindness all month long. So, let's put it into practice one last time by playing, Kindness Catch. This would be super fun and easy to play at dinnertime with your family. Here's how to play. Toss a roll (or any food that is able to be tossed) to someone at the table. As you toss the roll, say something kind about the person you are tossing it to. Then, that person does the same thing. Keep going until everyone runs out of kind things to say.

Dear God, *Help me remember to treat everyone with kindness; those that are hard to love, my family, my friends, and those that are different than me.* **Amen.**

Be kind to people who are different from you.



Luke 10:25-37



Name

Parent Signature