

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

WEEK
1
1ST

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



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



DAY 1

Read Ephesians 4:32

In the space below, list five of your most valued possessions (things):

Are the things on your list expensive? Did you save up your own money to purchase something on this list? Was something on this list given to you by someone you love?

This month is all about kindness! Kindness is showing others they are valuable by how you treat them. **You can show kindness to others because God is kind to you!** You are highly valued by God. He made you and proved His love for you when He sent Jesus.

Pray and thank God for His love and kindness toward you. Ask Him to help you see just how valuable you are to Him.

DAY 2

Read Joel 2:13

Have you ever messed up? Maybe you told a lie and got caught. Maybe you took something that didn't belong to you. Maybe you said something really hurtful in the middle of an argument that you wish you could take back.

Did you know that 100% of the time, no matter what you've done, that God will treat you with kindness? Below is an incorrect version of today's verse. Cross out the incorrect underlined words and write the correct ones.

"He is angry and unkind. He is quick to get angry. He is completely out of love."

All have sinned (messed up). No one is perfect as God is perfect. But God doesn't hold our mistakes and mess ups against us. He is tender and kind, slow to get angry and full of love. And because God is kind to us, even when friends around us mess up, we can choose to be kind to them, too.

Is there someone you've having trouble showing kindness to? Did that person do something that hurt your feelings? Ask God to help you show kindness just as He has shown kindness to you.



DAY 3

Read Titus 3:4-5

Let's say you break something valuable, like your brand-new tablet. When your mom comes home to find it broken, your little sister steps in and says that she did it. So your little sister gets punished and you walk away, even though the broken tablet was your fault.

This is similar to what Jesus did for you. Because God is perfect and we are not, we are separated from God. And no matter how hard we try; we cannot do enough good things to earn our way into a relationship with Him. We cannot make ourselves into perfect humans.

So Jesus stepped in. He took the punishment for all of our mess ups by choosing to die on the cross even when He had done nothing to deserve that punishment. Talk about kindness! Jesus came to save us. He didn't save us because of any good thing we might have done. He saved us by choosing to give His life on the cross to pay the price for our sins.

Did you know this about Jesus? If not, read today's GodTime to an adult you trust that follows God. Talk about the kindness Jesus has shown to all of us and how you can choose to follow Him.

DAY 4

Read Psalm 143:8

What are some things you do as part of your morning routine? Circle all that apply from the list below:

Brush teeth	Eat breakfast	Make my lunch
Make my bed	Finish homework	Put on my shoes
Get dressed	Feed a pet	Check my hair

Psalm 143:8 reminds us that God's love is faithful. That means His kindness is constant. And when we trust in Him, He will show us how to share that kindness with others.

Grab three index cards or scraps of paper and write out the words of today's verse on each one. Then select three of the things from the list above that you do each morning to prepare for the day and post each card near those tasks. As you read this verse three times each morning, ask God to help you show kindness to others throughout the day, knowing that He is kind to you.

*Be kind to others because
God is kind to you.*

Journal

Spend some time thinking about the question below and journal your thoughts or share them with a parent.



4th-5th

Week 1



Day 1

Go to [Studio252.tv](https://studio252.tv) and watch this week's episode of The So & So Show.

➡ Click on Fun2Watch! then The So & So Show.

Even if you already saw it at church, feel free to check it out again!

SO & SO TOP 3

After watching, write one thing that:

1. You liked: _____

2. You learned: _____

3. You'd like to know: _____



Day 2

Read Ephesians 4:32

Grab a sheet of paper and your favorite drawing/coloring tools and illustrate Ephesians 4:32.

You can do it word by word, creating emojis for each word, or you can simply create art that represents the heart of this verse: **Be kind to others because God is kind to you.**

Day 3

Being kind to others starts when we realize just how kind God has been to us.

One great way to do that is to be intentional about thanking God for the blessings He has given you.

Do you have a diary or a gratitude journal? If not, see if you can find an empty notebook around the house, or just get a few sheets of blank paper and fold them in half. Each day this week, before your feet hit the floor, grab the journal and a pen and write 2-3 ways God has been kind to you. It could be really big things, like giving you a loving family or healing someone close to you, or it could be the small but awesome things, like ice cream or campfires.

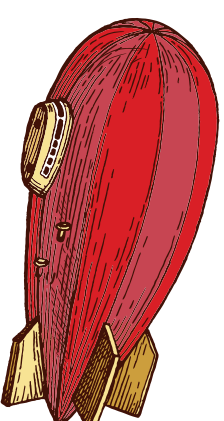
After you write down the blessings, take a couple of minutes to thank God for showing you kindness, and ask Him to help you be kind to others too!

Day 4

What do you think about conversation hearts?

You know, those little candies that come out around Valentine's Day that have messages printed on them? Most people either love or hate them but the chalky little candies have the right idea: we should use our words to be kind to each other!

Today, give a "verbal Valentine" to everyone you interact with. Tell a friend something you like about them. Thank a teacher for what she does. Tell your caregiver you are thankful for them. Use your words to show the same kindness to others that God showed to you.



Day 5

What does kindness look like?

There are many ways to show others they are valuable by how you treat them—whether it's with your words or actions. Sometimes we just need a little reminder and a little push.

Grab a sheet of paper and cut it into 10 strips. On each strip, write a way you can show kindness to others. Then fold up the strips and put them in some kind of container. Starting today, and for the next three days*, draw a Kindness Kickstarter out of the container, and then go and live out kindness!

*Feeling extra kind? Keep going until you've used up all your Kindness Kickstarters!