

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

WEEK  
**3**  
1ST

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 ...

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I LIKE  
HOW YOU...

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Thank you for...

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You are really good at...

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You were a  
good friend when...

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You  
are...

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



DAY 1

## Read 1 John 3:18

What's the difference between saying something kind and doing something with kindness? Which is more important, saying or doing?

The answer is both. Words matter. When we say what we mean and mean what we say, others can trust us. But when we say something kind but then act in an unkind way, that leads to distrust and hurts the people around us. It's not enough just to use kind words. Our actions should back up our words too. Read the scenarios below. Rewrite the second sentence to show kindness in action.

Shelia says that Taylor is her best friend. But Shelia doesn't invite Taylor to her birthday party.

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Micah says, "I love you, mom" as he heads out the door. But when his mom reminds him to take out the trash, he rolls his eyes and lets out a big sigh.

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This week, ask God to help you choose words and actions that show others they are valuable to you. **Let's be kinder than we have to be.**

DAY 2

## Read 1 Corinthians 13:4

Set a timer for one minute. During that minute, you cannot talk and must sit completely still.

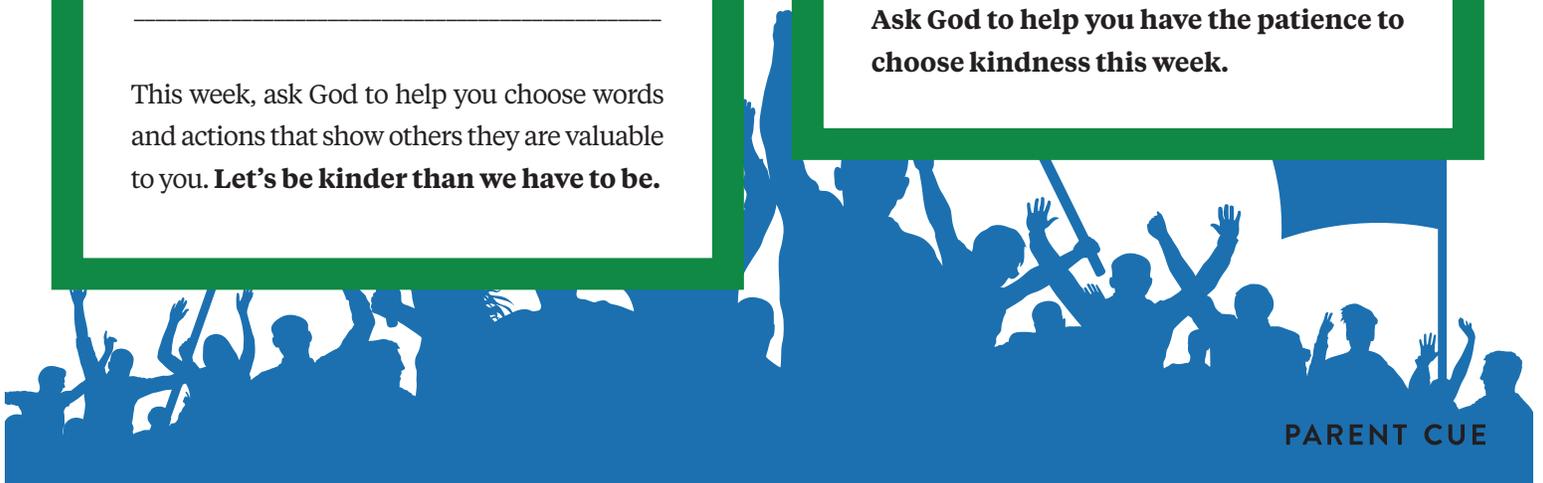
Did you make it the full minute? Could you make it for five minutes? What about 15 or 20? That would definitely be harder. It would require a lot of patience.

When it comes to kindness, patience plays a big part. In order to show kindness and love to others, we need to practice patience.

Set a timer for one minute again. This time, see how many times you can repeat today's verse within that minute. You must clearly say every word, including the reference (1 Corinthians 13:4).

How many times did you successfully repeat the verse in one minute?: \_\_\_\_\_

**Ask God to help you have the patience to choose kindness this week.**



DAY 3

### Read Romans 12:10

Think about the last time you got into an argument with your sibling or a friend. Do you remember what you fought about? Do you remember what you said?

Arguments and disagreements are normal, especially between people who know each other well or end up spending lots of time together. But kindness is about looking beyond that disagreement or argument to remember how valuable the other person is. Because the person on the other side of you is way more important than winning or making a point.

#### **It is possible to disagree and still be kind.**

The key is to put the other person first. So the next time you find yourself arguing, stop. Look the other person in the eye and choose to honor him or her more than whatever point you're trying to make. Ask God to help you be kinder than you have to be.



DAY 4

### Read 1 Thessalonians 5:15

Have ever heard the phrase “two wrongs don’t make a right?”

Today’s verse reminds us that instead of paying back a wrong with another wrong, we should we should always try to do what’s best for the other person.

Here’s a little kindness challenge for you. This week, when you find yourself upset or angry and ready to pay someone back, stop and ask this question: **“Right now, how can I be kinder than I have to be?”** Do what’s good for the other person instead. Choose to show the person who’s bugging you that they are still valuable to you.

You’ll probably need lots of help from God with this. Picture the person you tend to argue with the most and ask God to help you stop trying to pay them back and start showing kindness instead.

*Be kinder than  
you have to be.*

# Journal

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



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4th-5th

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Week 3



## Day 1

Go to [Studio252.tv](http://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: \_\_\_\_\_



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AVAILABLE FOR IOS AND ANDROID DEVICES

## Day 2

### Read Matthew 5:41

After you read Matthew 5:41, get an adult's permission to go on a little walk. They could go with you, or you can even just walk around the outside of where you live. Before you go, decide exactly how long or far you're going to walk. But now, stop reading this—I mean it! Don't read ahead. Go do your walk, then come back and finish reading.

#### Don't read until you've walked.

Okay, are you back now? Well, go back and do the same walk. Yep, do it again. Well, to be clear, you don't have to, but it would be great if you did! Then come back and finish reading.

That second walk was a little unexpected, wasn't it? (Especially if you didn't read ahead!) Hopefully you enjoyed it, especially since you knew you didn't have to do it. Unexpected kindnesses are like that too! When someone knows you didn't have to be kind, but you did more than was expected, it shows them how valuable they are!

## Day 3

### Being kinder than you have to is not an easy task.

That's why it's great we can ask God for help showing others how valuable they are by going the second mile! Before filling out the prayer below, think about a person or situation where you find it challenging to be kind. Then fill in the blanks below and read the prayer out loud.

**"Dear God,** thank You for being so kind to me. There are so many ways you have been kinder than You have to be: for making me, for loving me, for sending Jesus to be my Savior. I want to show that same unexpected kindness to others. Sometimes I have a hard time being kind

(Name of a person or description of a situation, like "when I'm grumpy")

Please help me, to not just be kind, but to be extra kind by \_\_\_\_\_

(One way you can go the second mile in being kind in this situation or to this person)

**Thank You for being kind to me and helping me be kind to others. In Jesus' name, amen."**

## Day 4

### Have you ever received unexpected kindness?

What did the other person do? \_\_\_\_\_

How did it make you feel? \_\_\_\_\_

Sometimes what shows kindness to us doesn't mean quite as much to someone else. For some people, having someone pay them a compliment makes them feel so valuable. For others, it's when someone does something kind for them.

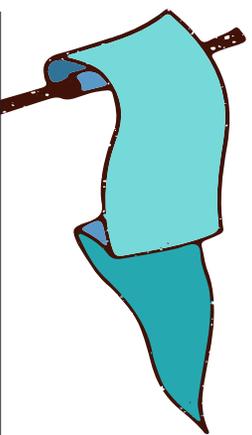
Today, take a poll of your close family and friends. Find out what makes them feel valued. Ask them if they feel most valued by:

- ➔ Acts of service
- ➔ Words of affirmation/encouragement
- ➔ Spending quality time together
- ➔ Receiving gifts

Write down everyone's responses, and then save your list for tomorrow!

\_\_\_\_\_

\_\_\_\_\_



## Day 5

### Take a look at the list you assembled of your family and friends and their preferred way to be shown kindness.

Pick out a couple of acts of kindness you could do today.

How many of them are things you could repeat? (Like, if your dad feels valued when someone empties the dishwasher — his chore — without asking, maybe you could do it not just one time, but many times!)

Hang this list somewhere you'll see it for a while. Every day, try to pick at least one way to show kindness in a personal way to someone on your list, and then try to do it again another day too! Make showing others how valuable they are a way of life—and especially doing it in ways that means the most to them!