

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

WEEK
2
1ST

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.

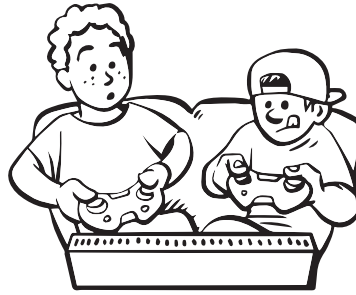
Be kind to your family and friends.

PARENT CUE

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

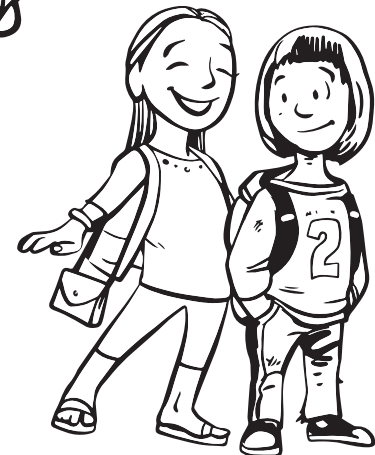


HIGH-FIVE A FRIEND

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.



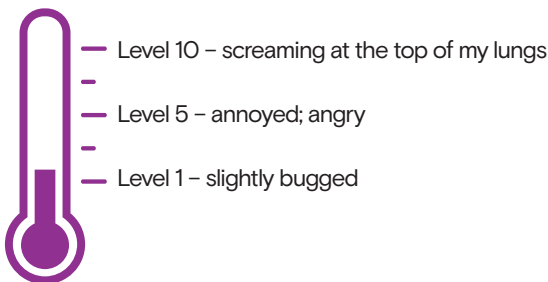
DAY 1

Read Matthew 7:12

When it comes to kindness, sometimes our families get the short end of the stick. Families see you at your best and at your worst. And because you're together every single day, you have more opportunities to get on each other's nerves.

But all that bugging, annoying behavior from the people you live with doesn't give you a pass on treating others with kindness. In fact, it's even more important to treat the people closest to you the way you want to be treated.

Think about that last time you got into an argument with someone in your family. When the conflict happened, how annoyed were you with the other person? Color in the "annoyance thermometer" to show your level of annoyance.



Take a look at your thermometer. If you filled in anything five and above, did you do or say something in that moment that you wish you could take back? How would the command that Jesus gave "to do to others what you would want them to do to you" help you react in a kinder, more loving way next time?

DAY 2

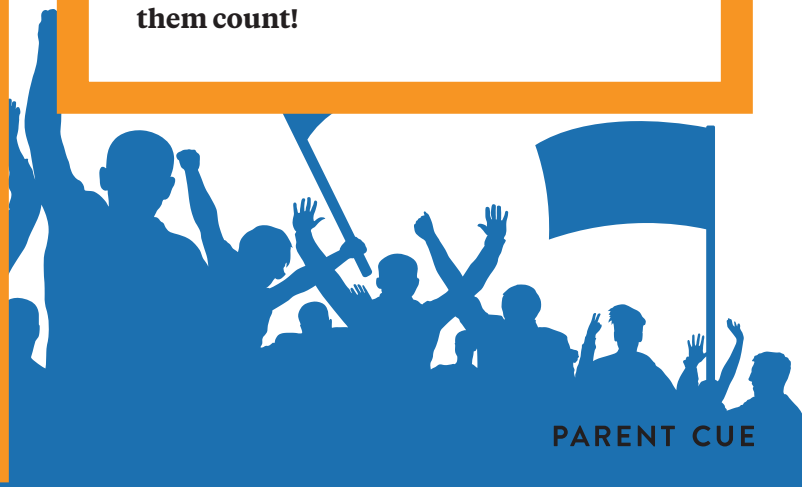
Read Proverbs 16:23-24

Have you drizzled honey on a warm piece of buttered toast? Is your mouth watering just thinking about it?

Today's verse compares kind words to honey. When you're wise and choose kind words, they can bring healing. You know exactly how it feels to have a really bad day totally turned around by a kind word from a friend.

When it comes to showing kindness, sometimes the people we have the hardest time with are our family and friends. When we're with the people who know us best, we tend to let our guards down and say and do things we'd never do in front of people we don't know as well.

The next time you sit down to eat some warm buttered toast and honey (or your favorite breakfast cereal), look across the table and say something kind to a member of your family. The next time you open your lunch box at school, use kind words as you talk to your friends. **Words are important so make them count!**



PARENT CUE

DAY 3

Read Galatians 6:10

On a separate piece of paper, draw a picture of your family

Families come in all shapes in sizes. Maybe you have a lot of siblings. Maybe you're a twin. Maybe you're an only child with three cats and a dog.

Whatever your family looks like on the outside, we all have the same problem on in the inside. No member of your family is perfect, including you. That means that no family is perfect. But that doesn't give us a pass on doing good and showing kindness to the people that know us best and matter most.

Because no one is perfect, you'll need some help to get this right. Point to the people in your picture and ask God to help you show kindness to each one. If you've done something you need to ask forgiveness for, ask God to help you say you're sorry and make a different choice next time.



DAY 4

Read Ephesians 4:29

Have you ever played a game of Jenga? Here's a little secret that no one really tells you. Come close and read the next few words very carefully: It's impossible to move every single Jenga block *without* the tower falling over. Kind of a bummer when you think about it.

God doesn't want you to wreck your relationships like a Jenga tower. He wants to help you build strong secure relationships, especially with your family and friends. One big way to do that is by choosing kind words, that build others up. When we show kindness with the things we say, others will listen. When we help with our words, we build others up.

If you have a Jenga game, grab several blocks, one for each family member or close friend. As you hold each one, think of one kind thing you could say to that family member or friend to build them up. **Then pray and ask God to help you follow through by sharing those kind words this week.**

*Be kind to your
family and friends.*

Journal

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



4th-5th

Week 2



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 Ruth 1:3-17; 2:8-16

Throughout Ruth's life, we see kindness. Kindness she shows to her family and friends, and kindness others show to her. None of these acts of kindness were without sacrifice though.

As you read Ruth 1:13-17; 2:8-16, think about what each person had to give up to show kindness. Fill in the blanks below with the missing letters to spell out what each person had to give up—or at least risked giving up.

By sticking with Naomi,

Ruth gave up her HO___L___N___

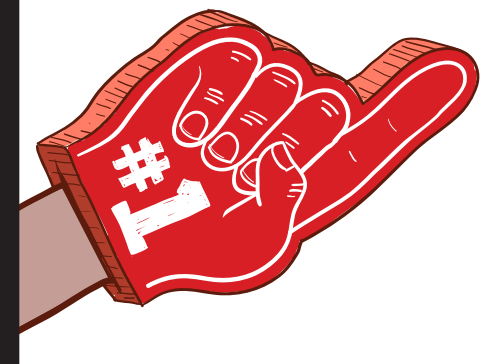
Ruth gave up her chance to get

___AR___L___D and have a ___A___L___

By showing kindness to Ruth,

Boaz gave up some of his

H___V___T of B___R___Y



Day 4

Out of all of the people we interact with each day, the ones it's usually hardest to be kind to are the ones we are closest to.

Why is that? Perhaps because we don't feel we have to be kind to them—they're going to stick around no matter what. Or maybe because we just get annoyed by being around each other all the time, and when our patience wears thin, our ability to be kind does too.

But the people we're closest to are also the ones that at the end of the day, are the most valuable to us! You probably can't imagine your life without the caring adults in your life, your best friend, or yes, even your brother or sister. Showing those closest to you how valuable they are by being careful with the way you speak to them is one of the best gifts you can give them.

Write the word speak on your left hand and the word kindly on your right. (You can ask someone for help if you need to!) Today, use those words as a reminder to speak kindly to your friends and family.

Be kind to your family and friends with the words and way you speak (or don't speak)!

Day 5

When is it hard to be kind?

Before you read the paragraph below, put your face really close to the paper. Like, so close your nose touches the paper. Then try to read it.

It's not always easy to be kind, is it? The closer we get, often the harder it is. Sometimes we forget that when we aren't kind, it's like telling others they aren't valuable to us—that their feelings or thoughts don't matter. But most of us would never want our family and friends to feel that way, would we?

How hard was it to read that paragraph? Pretty tricky, right? You'd think that being closer would make it easier, but sometimes, that closeness makes it more challenging, just like kindness. So how can we be kind, even when it's hard? It's a choice we have to make every single day.

Grab two sheets of paper. On one, make yourself a chart for the week ahead, and for each day, put a person's name that you are close to, and one thing you can do to show them kindness. Then decide what you want your "check mark" to be. It could be hearts, a thumbs up, or a regular check mark. On the other sheet of paper, draw seven of those, and cut them out. Each day that you accomplish your act of kindness, tape one of your check marks to the paper.

It may seem a little strange to make kindness a to-do list, but once you get in the habit of being kind to those closest to you, you won't need a list to remember!

Day 3

One of the best ways you can be kind to others is by praying for them!

Make a list of the people you're closest to. Include all the family members that live in your house, and the friends you interact with on a daily basis. Then, reach out to each person on the list and ask them how you can pray for them today. Write down their prayer request and then pray.

Praying for the people you're closest to is a great way to show them how valuable they are to you and to God!

Answers for Day 2: Home Land, Married, Family, Harvest of Barley