

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

WEEK
1
4-15th

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.

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|-----------------------------------|-------------------------------|
| 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

