

Fruit of the Spirit – Kindness!

- **Introduction:** Ask the children who in your life are you kind to? Who is kind to you?
- **Activity:** Do one or both of these activities if you can. Our words are like toothpaste. Using a tube of toothpaste or perhaps one between two, allow the children to squeeze all the toothpaste out. While the children do this tell them that our words are like toothpaste, they come out quite quickly and easily - but do the children think it is as easy to put them back in if we say the wrong or even hurtful things? Give each child a cotton bud and ask them to put the toothpaste back in the tube - they won't be able to! Explain to the children that our words are very powerful, and the wrong words can hurt people very much. Of course, we can say sorry for what we've said but like the toothpaste we can never put our words back into our mouths as if we had never said them. However, kind, positive words are also powerful and can do great things. Get a bowl of milk and allow the children to drop one drop of different coloured food colouring into the milk - about four or five different colours should do. Explain to the children that these dots or drops are people. These people are struggling - they need love, kindness and/or help in their life. Take a cotton bud that has previously been dipped into hand wash without the children knowing. Tell the children that this cotton bud is us and we are full of kindness which Jesus wants us to share with everyone. Touch the end of the cotton bud onto the dot of food colouring and it should spread out and grow. You could let the children have a go at touching the food colouring dot with the cotton bud. Explain that when we pass on kindness it grows and spreads just like when we touch the food colouring dot with our cotton bud. This is why it is so important to use kind words rather than unkind because kindness spreads to others whereas being unkind hurts others. Jesus calls us to be kind to others because he loves them just as much as he loves us.
- **Sing:** Great Big God, Superhero, Lighthouse, Wiggle Freeze, Wiggle like a worm or Juicebox Jukebox Kindness song <https://youtu.be/H98Rflijxmsc>.
- **Talk:** What is kindness? **Kindness is showing love to others by saying and doing nice things to others.**
- **Watch/Read:** Read Galatians 5:22 & 23 and Philippians 2:4. Or Lottie's 'Fruit of the Spirit: Kindness' on YouTube at <https://youtu.be/B2f5fme7D3U>
- **Discussion:** In the video how is Micah kind? **He stops to help his friend by distracting the bully which means he doesn't win the race.** In Philippians 2:4 it says 'None of you should look out just for your own good. Each of you should also look out for the good of others.' This means that we are called to look out for others by being kind to them and helping them, even if that means putting them before ourselves. What kind things can we say to people? **You did a good job there, I like your hair, you have a beautiful smile, you are very friendly, I like it when you play gently, would you like to play with us, I like your new coat/top/shoes, You make me laugh you are so funny... there are lots of things we could say!** What kind things could we do? **Play with someone new, share something we have with others sweets/toys, do a job without being asked, smile at someone, let a brother/sister/friend go first or choose the game, hold the door open for someone, let someone else have a go on the swing or with a toy and leave someone a kind note. (See Attached for more ideas).** Showing kindness is showing God's love for others, so can you see how many kind words and acts you can do this week?

- **Pray:** Dear Jesus thank you that you love us and are kind to us. Forgive us when we have only looked out for ourselves and not others. Please fill us with kindness, and help us to be kind to others and show them how much you love them. Amen
- **Make:** Kindness Cootie Catcher, take an A4 piece of paper, fold on of the top corners diagonally across the paper till it reaches the other side of the paper to make a large triangle. Unfold your paper and you should have a square with a bit of excess on the bottom cut out the excess so that you have a square. Then fold the other corner across the diagonal and open the paper out so that you can see four triangles on the paper. Then take each corner and fold it to the middle of the paper. You should now have a square with four triangular flaps on one side. Turn your paper over so that the triangular flaps are face down on the table then fold each corner into the middle again. You should now have a square with four triangular flaps on one side and square flaps on the other. With the triangular flaps facing you fold the square in half. Then pick up your catcher and you're your thumb and fore finger of each hand into the square flaps and practise open and closing your figures to make the catcher move. Now you need to colour or write a colour on each of the square flaps. Open your catcher and write random numbers 1-9 on each of the 8 small triangles. Once you've done this unfold this layer of triangles and write a kind thing on each of the next small triangles. You could write; you are beautiful/handsome, you are loved, you are funny and make me laugh and your smile brightens my day. Once you have written all the kind things fold it back up put your fingers in place and ask someone to pick a colour, spell out the colour they choose whilst opening and closing the catcher as many times as there are letters. Then ask the same person to pick a number again open and close the catcher as many times as the number is. Ask the same person to pick another number then open that number on the catcher and read what it says under that number. Then do the same again with another and so on until you have spread lots of kind words to everyone.
- **Make:** Kindness Sweetie/Biscuit Jar: Get a glass jar and fill it with sweets or biscuits or something fun. Get some ribbon and tie it around the top of the jar. You could make a label out of white or coloured card and attach it to the ribbon. Don't forget to write who it's to and from on the label. You can also decorate the jar with stickers, glitter glue or sharpies or glass pens (make sure you leave the pen to dry before handling too much!)
- **Make:** A kindness cloud: Take a piece of white paper and draw a cloud. Cut it out, and with a coloured pen write the name of the person that the cloud is for in the middle of the cloud. You could stick cotton wool to the cloud to make it like a fluffy cloud but remember not to cover the name up. Then with either coloured/plain strips of paper, on each one write something kind about the person that the cloud is for. Happy, kind, gentle, creative, fun, helpful, brave, thoughtful, encouraging etc. Then stick your strips of kind words onto the cloud - you can then give this to the person whose name is on the cloud. You could stick the cloud onto a folded piece of card to make a greeting card for them and put some kind words inside to send to them.
- **Copy:** The attached and colour in colouring pages
- **Play:** Let the children play with toys and ask them to show kindness whilst playing by sharing, letting others go first and inviting others to come join them. You could also allow the children to do the activities from the beginning for themselves.
- **Drink and biscuit**



Kindness Sweet Jars



Kindness Cloud



RANDOM ACTS OF KINDNESS

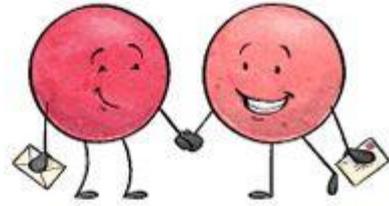
Free Bingo Card

ACTS OF KINDNESS

LEARNINCOLOR.COM

Leave someone a kind note	Give a compliment	Hold the door open for someone	Do a chore for a sibling	Create care packages
BRING DINNER TO SOMEONE	Donate old books	smile	Support a small business	Leave a snack and note for the mailman
Tell a family member how much you love them	Weed/rake leaves/shovel snow for a neighbor	FREE SPACE	PICK UP LITTER	Give a hug
LET SOMEONE GO AHEAD OF YOU	VOLUNTEER	Leave change at a vending machine	do a chore WITHOUT BEING ASKED	Bake cookies for firefighters or police
Give a friend or the new kid a snack	ASK OTHERS TO PAY IT FORWARD	WRITE A THANK YOU LETTER	Visit a nursing home	Donate to a food bank

12 Ways to Show Kindness



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<p>Just listen to a friend</p>	<p>Write someone a kind note</p>	<p>Invite someone to join you</p>
<p>Forgive someone for a mistake</p>	<p>Let someone else go first</p>	<p>Give someone a high-five</p>
<p>Work with someone new</p>	<p>Help clean up</p>	<p>Help someone having a tough day</p>
<p>Hold the door open for others</p>	<p>Do an extra chore</p>	<p>Spend time with a friend</p>

Clipart by Sarah Pecorino, Kate Hadfield • RebeccaB

Acts of Kindness

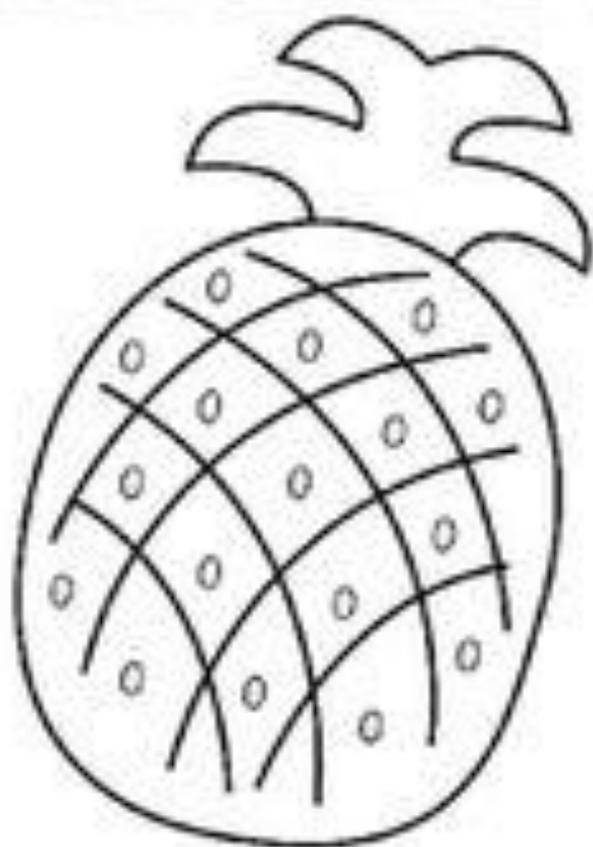
Ideas for Preschoolers by NaturalBeachLiving.com

Let a sibling go first 1	Say something nice to someone 2	Do a chore without being asked 3	share 4	Play with someone new 5
Pick up trash without being asked 6	Say sorry if you do something wrong 7	smile at someone 8	Put a dollar on a vending machine 9	HOLD THE DOOR FOR SOMEONE 10
Make a care package 11	Say "good job" 12	Give someone a flower 13	Say hi to someone 14	Volunteer 15
Write a nice letter 16	Give a hug 17	Color a picture for someone 18	Say "I think you" 19	Make a handmade gift 20
Leave a thank you note 21	Clean up without being asked 22	GIVE A COMPLIMENT 23	Let someone else go first 24	Say "I love you" 25

kindness



Kindness

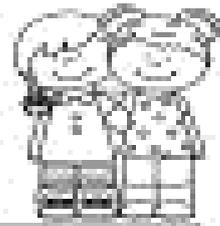


Be kind to one another, tender-hearted,
forgiving each other, just as God in Christ
also has forgiven you.

Ephesians 4:32

Name _____

Kind Kids Are...



C	T	E	F	U	N	P	G
Y	R	W	A	A	N	B	R
C	L	O	I	W	J	K	A
I	Y	U	R	G	H	F	T
N	Q	Y	P	P	A	H	E
Y	L	D	N	E	I	R	F
D	L	G	A	L	Y	S	U
G	H	E	L	P	F	U	L
N	O	I	L	N	N	A	S
I	N	C	V	E	I	E	B
V	E	C	I	I	C	S	T
I	S	R	A	R	E	P	P
G	T	G	N	I	R	A	C

HAPPY
GIVING

CARING
HONEST

HELPPFUL
NICE

FAIR
GRATEFUL

FRIENDLY
FUN