

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



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.

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