



TODAY'S TOPIC:
Kindness

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

THINKING JOB: Ask a "thinking job question" to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

What is one way you can be kind today?

Lesson

Respect

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> ● Plate ● Toothpaste ● Ping pong balls ● Cups ● Kindess Catcher (an online image search will give you lots of options) 	<ul style="list-style-type: none"> ● none 	<p>Know that kindness is a good thing.</p>

CATCHING KINDNESS:

ASK: What are some things you can catch? Ball, cold, fish, bug, Frisbee, bus.

ASK: Do you think you can catch kindness? If you are kind, does kindness come back to you? How does it feel when someone is kind to you?

ACTION: Kindness Catcher: Choose a volunteer or two to do the kindness catcher in front of the group. (See picture for how to hold it. You hold it closed then ask someone to choose a number. You open and close the catcher that number of times then hold it open and ask someone to choose a color. You lift up the color and read the virtue and kindness act.) Everyone will get a kindness catcher.

KINDNESS IS HEALTHY:

DO: Have the kids stand. Do some easy exercises (stretches, jumping jacks, running in place). Have the kids stop and take 5 deep, belly breaths. Have the kids sit.

ASK: “What about what we just did was healthy”? (the exercising, the breathing). Do you think being kind makes you healthy? Yes! *Being kind makes you happier, makes you stronger, and makes you live longer.* If someone is sick and they do a kind thing, it makes their body feel better.

IS IT EASY OR HARD TO BE KIND?

ASK: Is it easy or hard to be kind? Take all answers.

SHOW: Use plate and toothpaste. Ask a volunteer to squeeze some toothpaste onto the plate. Ask another volunteer to put the toothpaste back into the tube. You can't do it! That is what unkindness is like. Once it's done you can try and fix it by apologizing and making amends, but you can't totally take it back.

WAYS TO BE KIND:

ASK: What are some ways to be kind? Ask the kids to think of one kind thing they could do today, maybe even right now. Ask for examples. (Maybe an example of being kind to your parents, to your pets or animals, to the environment, to your friends, to your teachers, to a stranger.) (Listening, offering to help, a smile).

ACTIVITY - Ping Pong balls and cups. Have kids take turns tossing or bouncing the balls into the cups. They have to say a kind act before they can toss the ball.

AFFIRMATION –I am kind to myself and others. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .