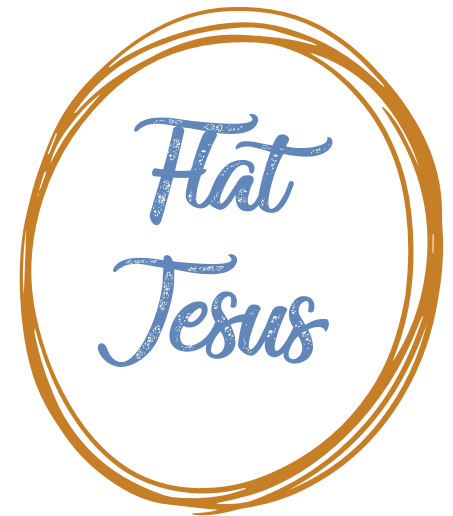
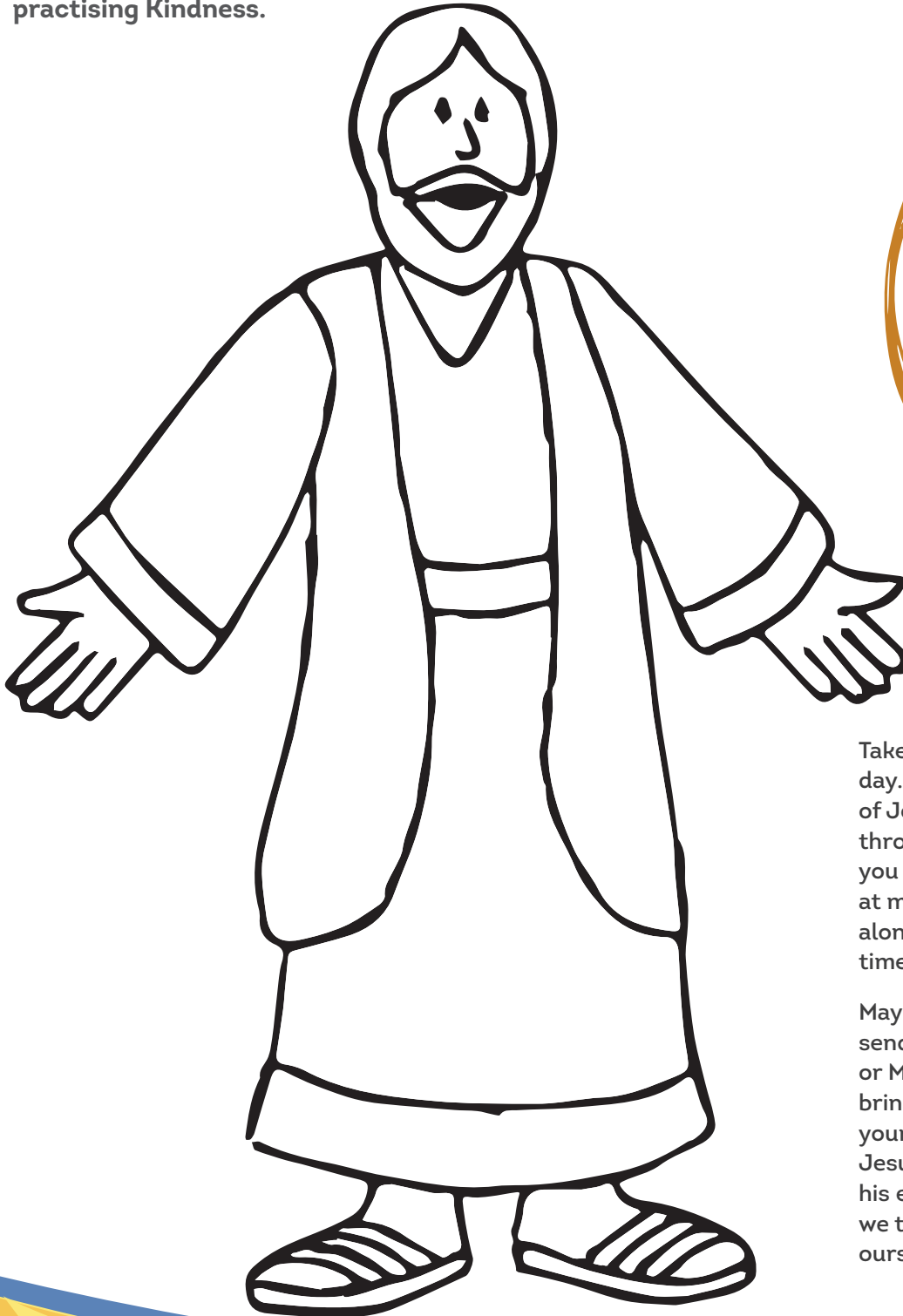




2. Preparing the Ground for Kindness

- Flat Jesus
- Conversation Cubes
- Conversation Starters
- Kindness Cloud Craft

When we get to know people better, we walk in their shoes, we see the world from their point of view. That means we build empathy for their feelings and needs. Empathy is one of our biggest tools for practising Kindness.



Take Jesus with you through your day. Draw or print this cut out of Jesus and take him with you throughout your day to remind you that his presence is with you, at mealtimes, when playing, when alone, when with others, in good times and in bad.

Maybe involve your Church by sending your Sunday Club leaders or Minister pictures of your family bringing Jesus with you throughout your day. Reminding ourselves that Jesus is with us helps us to follow his example in our own lives, in how we treat others, and how we see ourselves.



The Bible often puts the word 'Kindness' alongside the word 'Righteousness' which is a big word for 'Right Relationships'. This Summer as we potter or gallop through a Summer we didn't plan for, kindness is particularly needed to make sure our relationships with ourselves, with each other and with God are flourishing.

Do you realise that there are things about the people closest to you that you don't yet know? Maybe it's things they did before you were born. Or feelings they have or favourite things or memories or hopes and dreams or old photos or embarrassing secrets! Spend time this Summer getting to know the people around you better:

Conversation Cubes & Games

Conversation cubes: you can buy them or make your own from a square cardboard box or dice. Here is the link to a free conversation cube resource: <https://www.teacherspayteachers.com/Product/Getting-To-Know-You-Counseling-Conversation-Cube-Icebreaker-Dice-Freebie-4053107>

If you can't make cubes, you can still play the conversation game!

Why not add some questions to learn more about someone's faith? Like

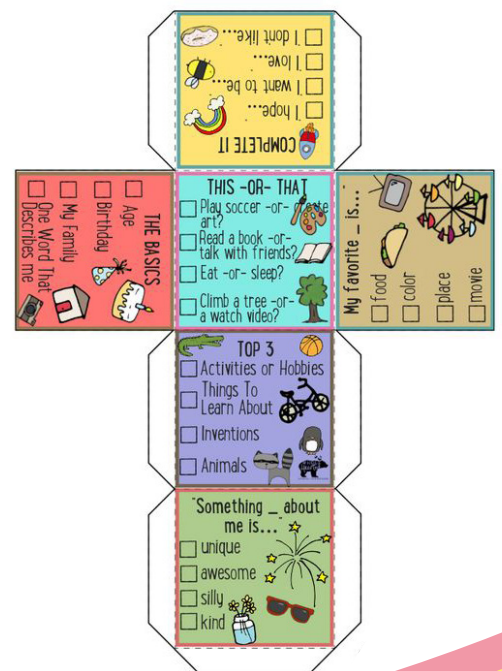
- 'Was there ever a time when you knew God was with you?' or
- 'What are you most thankful to God for a) today b) this year c) in your whole life?'

Parenting for Faith have really good



conversation starter printable pages around the current Covid-19 crisis: <https://parentingforfaith.org/post/me-god-and-covid-19>

the Getting To Know You conversation cube





Kindness Cloud Craft

Let people know what you think of them. Bring a smile to their face. Maybe do one for yourself. What are your qualities that you should take time to celebrate?



3. Planting Seeds of Kindness

- Bingo
- Kindness in a Bag
- Family Time Capsule
- Family Tree Collage
- Blessing Stick

Random Acts of Kindness BINGO!

Taken from <https://afineparent.com/positive-parenting-faq/kindness-activities-for-kids.html>

- Make a grid on a piece of paper. Make as many squares as you wish but sixteen or twenty-five work well. For very small children, nine squares help to achieve a "Bingo" a little more quickly.
- The kids can decorate the Bingo sheet with images that come to mind when they think about kindness (hearts, rainbows, helping hands).
- In each Bingo square, write an act of kindness. Get your kids involved and encourage them to think up ways to be kind: say hi to a neighbour down the street, help younger sibling pour the milk, set the table without being asked, etc. Leave a square or two blanks for spontaneous acts of kindness that aren't specified on the Bingo sheet.
- Make, decorate and cut out small hearts. Then, stick the hearts to the bingo board when the kids complete the acts of kindness. You could also stamp the square with a Bingo stamper or highlight it if you prefer.
- When the Bingo square is complete have some way to celebrate: a special dessert, or a half-hour later bedtime, for example.

