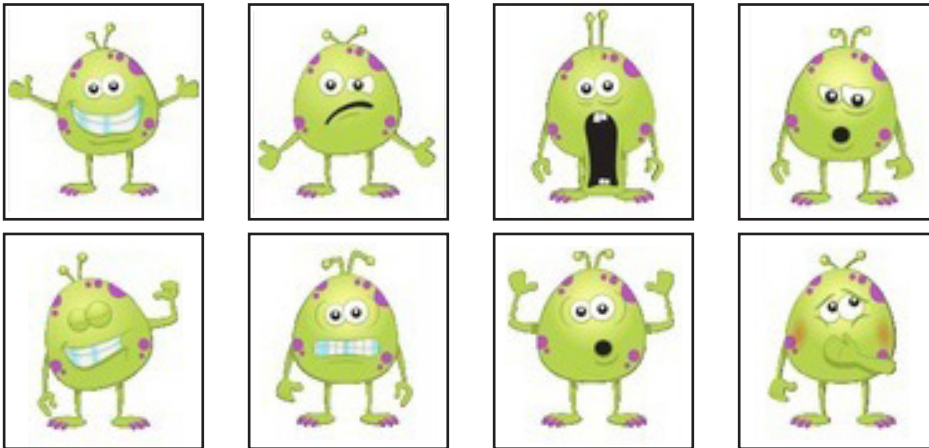




## 4. Nurturing Kindness

- Monster Feeling Cards
- Kindness Tower
- Simon Says with Feelings
- Finger Painting Feelings
- 'I just want to be with me' prayer by Rev Cathy Hallissey from CMN
- Shoots from Scraps

### Monster Feeling Cards



All of us have days where being kind is really hard. We all have days where we are irritable, grumpy and quick to snap. This happens sometimes when we are adjusting to new routines or processing change or disappointment. Sometimes we can't even pinpoint why!

These feelings can bring on bigger feelings of guilt, anger, loneliness, or feelings of being unloveable and worthless. These feelings are experienced by adults and children alike.

Have you ever said things to yourself like: 'I'm useless at that' or 'Oh, I'm so stupid!' or 'I can't do this, make this, achieve this' (before even trying) or 'this is horrible' about something you have made?

Often we are quicker to put ourselves down than we are others. We can sometimes be so hard on ourselves that we can forget about and limit the fullness of who we are.

The Bible says that we are made in God's likeness. Those big feelings can make us forget this and can impair our decision making. They can slow down the decisions we make that help us to feel better, safer and calmer. Everyone

has blips and bumps along the road. But when our thoughts and eyes are looking at the mountain instead of at God, the mountain becomes too big to climb.

Sit with your feelings. It's ok to feel how you feel. It's ok to feel angry, frustrated, sad. Now notice that you are not alone with your feelings. Jesus is sitting with you, holding you. He loves you just the way you are. Even with the big feelings that make you want to shout and cry and throw things and be mean.

Use the monster emotion cards to match the feelings to the monster faces. How do you feel today? Practise making the faces associated with those feelings

To download the printable version click here: <https://www.teacherspayteachers.com/Product/Monster-Feelings-and-Emotions-Cards-Freebie-2131826>

Top Tip: If you don't have a printer, use emojis to chat about feelings.

We also really recommend two activities from Barnardos: <https://www.barnardos.ie/how-you-can-help/fundraising/covid-19-crisis-appeal-for-children/heart-body-and-mind>

### Kindness Sculpture

(With thanks to Connor Diocese CM)

Build Each Other Up in Love!

Cut out squares of strong card and build a sculpture tower together, encouraging each other & helping each other, even as the structure wobbles and falls!

*1 Thessalonians 5:11*

*"Therefore encourage one another and build each other up as you are already doing."*



### Simon Says with Feelings

Simon Says with Feelings – you can play this with the people in your household or have a game with other people on Zoom!



## Finger Painting Feelings

Children (and adults) can colour code their feelings (green = happy; purple = sad; red = angry etc) and use them to paint how they feel. There is an excellent recipe for homemade edible paint too so this activity can be done with children as young as 6 months!

<https://www.barnardos.ie/media/7578/finger-painting-feelings-heart-activity-w-logo.pdf>

### Ingredients for edible paint:

- 4 tablespoons of corn flour (corn starch)
- Cold water - 1 cup (237ml) of boiling water
- Liquid food colouring

### Method to make edible paint:

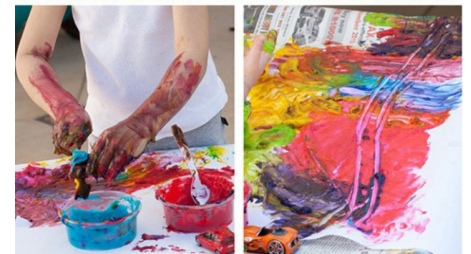
1. In a medium saucepan, mix the cornflour with enough cold water to make a paste. (Not too runny).
2. Pour in 1 cup (237ml) of boiling water and stir thoroughly so there are no lumps.
3. Turn on medium heat on the hob and mix. The mixture will start to

change and you will notice some clear streaks forming in the mixture. Once you see this, turn off the heat and continue stirring. It will start to thicken and turn into custard-like consistency.

4. Spoon equal amounts into empty jars, cups or containers and add food colouring. Mixing until completely combined. eg. 3 drops of yellow, green, red and blue. To make orange, add 1 drop of red and yellow and to make purple, add 1 drop of blue and 2 red.
5. This paint can be stored in the fridge covered with cling film for up to 2 weeks. This paint recipe does not have any preservative in it, so it is



### Benefits of FINGER PAINTING



important to check that the paint has not expired before giving it to children.

Dear God,  
I love my family they fill me full of glee  
There's no where else on this wide earth,  
I think I'd rather be.  
But sometimes things get squishy  
All together in one place  
Sometimes it makes me 'wishy'  
That I had a bit more space.  
So lately I have taken time (because there is a LOT!)  
Within the garden or the house to find the perfect spot.  
There's really so much going on from morning until tea  
It does me good to just admit I want to be with me!  
To sit and stare and just be there and take a little rest  
So when I come back in or down I really am my BEST!  
I thank you God for showing me the quiet way to be  
And helping me with knowing that  
I want to be with me.

CH.





# GROWING FOOD AT HOME FROM SCRAPS

(with thanks to Children's Ministry in Connor Diocese)

The Bible says to Love our Neighbour as Ourselves. But how does that work if we're so hard on ourselves? If we only see failure, disappointment, ugliness, 'not good enough'.

The Bible also says repentance is 'turning around'. Turning back to face God. Maybe that includes turning away from self hatred and hardness and facing back towards a God of infinite Love. Saying sorry when our feelings and behaviour hurt others is important. We're not saying sorry for feeling, we're saying sorry for acting in a way that upset someone else. When we repent (turn around) and focus on God, that's when we start to let go of guilt and self loathing and start to journey with him, one step at a time.

Jesus was kind to people who saw themselves as worthless. Who thought they weren't good enough to be loved. With a little bit of kindness, they had a turn around, they revived and they began to live fully again. Jesus can turn mourning into dancing, sorrow into joy. Use scraps to make food at home. Thank God that he sees so much worth in you. Ask him to help you cherish yourself, and give yourself a little love.

## How to grow carrot tops from scraps -

- Cut an inch off the top of the carrot.
- Place carrot tops in an old glass. Don't stack them, give each one room at the bottom of the glass.
- Then fill the glass with water up to the base of the plant or the top of the root.
- Set the glass in a lighted area but not directly in the sun.



- Lastly, watch your carrot tops grow roots and grow leaves.
- Use the leaves in your salads or stir fry

## How to grow spring onions from scraps -

- Cut off the white bottom and place them in a glass with a centimetre of water at the bottom.
- Transfer to soil after 5-7 days
- Watch them grow

## How to grow an onion from scraps -

- cut the root end off an onion, leaving a little onion on it. Peel the skin off

- place root down into a container of water, making sure the root is submerged in water
- leave them on your windowsill or in a greenhouse for a week. Keep checking they are still submerged in water
- plant in soil, root down
- watch them grow

## How to grow tomatoes from scraps -

- cut ripe tomato into slices
- lay tomato slices on top of soil
- sprinkle a thin layer of soil on top
- watch them grow