

Kindness

Table of Contents

KINDNESS	2
Unit Overview.....	2
WHAT IS KINDNESS?: WEEK 1	3
Week 1 - BIBLE CLUB.....	3
Week 1 - SKIT	7
Week 1 - MEMORY VERSE	8
Week 1 - PRACTICAL LIVING.....	10
Week 1 - READ-A-LOUD	13
Week 1 - CRAFTS.....	14
Week 1 - RECREATION.....	15
GOD IS ALWAYS KIND: WEEK 2	17
Week 2 – BIBLE CLUB	17
Week 2 - SKIT	24
Week 2 - MEMORY VERSE	25
Week 2 - PRACTICAL LIVING.....	26
Week 2 - READ-A-LOUD	27
Week 2 - CRAFTS.....	28
Week 2 - RECREATION.....	29
WHY SHOW KINDNESS TO OTHERS?: WEEK 3	33
Week 3 – BIBLE CLUB	33
Week 3 - SKITS.....	38
Week 3 - MEMORY VERSE	39
Week 3 - PRACTICAL LIVING.....	40
Week 3 - READ-A-LOUD	42
Week 3 - CRAFTS.....	44
Week 3 - RECREATION.....	46
DEVELOPING KINDNESS: WEEK 4	49
Week 4 – BIBLE CLUB	49
Week 4 - SKIT	54
Week 4 - MEMORY VERSE	55
Week 4 - PRACTICAL LIVING.....	56
Week 4 - READ-A-LOUD	58
Week 4 - CRAFTS.....	59
Week 4 - RECREATION.....	60

KINDNESS

UNIT OVERVIEW

MEMORY VERSE: Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness, and patience.

Colossians 3:12

So often, we hear people proclaim, "Get yours first!", "Hurt others before the hurt you.", and "Only look out for yourself." These attitudes are rampant throughout society, and they rub off on our children. What we need to teach them is how to be kind, and to think of the needs of others.

The definition of kindness is: Having or showing a tender (easily moved by another's distress), considerate (having regard for the needs or feelings of others), and helping nature. God is our model for kindness, and it's His kindness that leads us to repentance. Think of how incredibly powerful kindness is. If Christians truly lived out the mandate of kindness, the world would be different. We want to teach our children to change their world with kindness.

In this unit on kindness, you will find many things that will challenge the children to be kind.

BIBLE CLUB challenges the students to share their snack with others in need, shows them how Joash struggled to be kind, teaches them that God is always kind though we don't always feel like it, and shows how Jesus is our true model for kindness.

PRACTICAL LIVING helps children to identify kindness, to use kindness while talking on the phone, to schedule kindness into their life, and hear the testimony of someone who has experienced God's kindness.

READ ALOUDS and **SKITS** tell the children stories of how some people were kind and some unkind. This helps the children begin to identify kindness in the world.

We pray that this unit will help your children understand what kindness is, and begin to incorporate it into their lives. Our children will receive so many blessings in their life when they learn to have an attitude of kindness.

WHAT IS KINDNESS?: WEEK 1

WEEK 1 - BIBLE CLUB

LESSON AIM: To help the child understand what kindness is.

SCRIPTURE: Matthew 14:13-21.

MEMORY VERSE: Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with **compassion**, kindness, humility, gentleness, and patience.

Colossians 3:12

Jesus Feed's the Five Thousand

This miracle is the only one that is recorded in all four gospels. Before, Jesus feeds the people, he shows kindness to them and heals their sick. Jesus' compassion and kindness continually motivated him. Jesus wanted his disciples to see this behavior and imitate him. He knew that one day he wouldn't be with the disciples, and he wanted to ingrain kindness and compassion into the hearts of his disciples.

After the disciples saw him heal the sick, they watched him do another great miracle. Jesus felt compassion for the people not only because of their physical/spiritual illness, but also their physical needs. He shows kindness to people by doing what no one else could, and feeding them.

The disciples were amazed. Jesus wanted this day to be forever ingrained on the disciples minds. After he would go to the Father, his disciples would need to know how they should minister to others with kindness. Jesus knew that it's kindness that leads people to repentance. He also wanted the disciples to continually rely on him as their source to supply others needs.

When defining kindness, the best place to look is Jesus' own life. He is our example that we must continually follow, just like the disciples did!!

Discipleship
Tip

This week ask each child to define kindness. Challenge them to live out their definition of kindness. Have them imagine what it must have been like to receive kindness from Jesus.

Hook

Definition of Kindness: Having or showing a tender (easily moved by another's distress), considerate (having regard for the needs or feelings of others), and helping nature.

- During snack time, separate the children into two groups
- One group will sit at a table without a snack. The other group will have two sets of snack at each spot.
- Watch the children and see who will share their snack with someone who doesn't have any. Let the children experience this for about 10 minutes.
- Then give a snack to all the children. Before you give a snack to everyone, write down the names of those who share, and after snack is over reward them for their kindness.
- Don't tell the children to share, or say that they will be rewarded for showing kindness. After snack is over, go straight into Bible Club, and discuss what happened at snack time.
- Use the following discussion questions.

Questions to the Groups

To the group who didn't have a snack

1. How did you feel when you saw that you didn't have a snack?
2. Did anyone share with you? If so, how did that make you feel?
3. Would you have showed kindness to your friends if you had a snack and they didn't?

To the group who had a snack

1. How did you feel about having a bunch of snacks?
2. Did you feel bad for the group who didn't have any food?
3. If you showed kindness and gave part of your snack to someone, why did you choose to do that? If you didn't help, why not?

DEBRIEF

Say: What you experienced today was a test in kindness. When you are kind, you show a tender, considerate, and helping nature. To be tender means you are easily moved by another's distress, and being considerate means you care about the needs or feelings of others. So, when you are kind, you are concerned about someone else's needs and feelings

Do you know a lot of people who are kind? Who are they, and what do they do to show their kindness?

 **Bible Story (Matthew 14:13-21)**

SET-UP

- Put the children in groups according to age. Try to get the groups as small as possible
- Give the children the children the reader's theatre paper that you copied earlier.
- Assign 3-5 children to read the part of the disciples together, one person to read the part of Jesus, and explain that you will be the narrator. If you have young children who cannot read, go ahead and assign them parts, but tell them that they will repeat their part after you.
- **Say the following to the children,** "The kindest person that I know is Jesus Christ. He helped people all the time. We're going to do a reader's theater for just one of the stories about Jesus' kindness. This story is found in Matthew 14: 13-21. Let's read it with our assigned parts. I start since I'm the narrator, but when it gets to your part, don't forget to read."
- After you read it with the children, **say the following,** "If you look in verse 14, you see that the first thing Jesus did to show kindness was heal people who were sick. It says that he has compassion for them. When you have compassion for someone, you are concerned about their needs. Jesus felt that way a lot and was kind to people. The next thing Jesus did that showed kindness was feeding five thousand people. He knew that they were hungry, and many of them would not have money for food. So, he did a miracle and turned the five loaves and two fish into a feast!!"

DISCUSSION QUESTIONS

What were the two things Jesus did to show kindness? *(He healed people and fed them.)*

Think about what we've said kindness means, what made the two things Jesus did kind? *(He saw their need and met it.)*

What are some ways you can practice being kind at school and at home?

Reader's Theatre (*Matthew 14:13-21*)

NARRATOR: When Jesus heard what had happened, he withdrew by boat privately to a solitary place. Hearing of this, the crowds followed him on foot from the towns. When Jesus landed and saw a large crowd, he had compassion on them and healed their sick. As evening approached, the disciples came to him, and said.

DISCIPLES: This is a remote place, and it's already getting late. Send the crowds away, so they can go to the villages and buy themselves some food.

NARRATOR: Jesus replied.

JESUS: They do not need to go away. You give them something to eat.

DISCIPLES: We have here only five loaves of bread and two fish.

NARRATOR: They answered.

JESUS: Bring them here to me.

NARRATOR: He said. And he directed the people to sit down on the grass. Taking the five loaves and the two fish and looking up to heaven, he gave thanks and broke the loaves. Then he gave them to the disciples, and the disciples gave them to the people. They all ate and were satisfied, and the disciples picked up twelve basketfuls of broken pieces that were left over. The number of those who ate was about five thousand men, besides women and children.

WEEK 1 - SKIT

CHARACTERS: Maria, Reuben and Bobby

SCENE: Maria is playing with a doll in her room. Her brother Reuben and Bobby, his best friend, are playing in the other room. Reuben sees Maria and decides to do something mean to her.

Reuben: I'm going to tear the head off Maria's doll and see what she does.

Bobby: Are you sure that's a good idea?

Reuben: It'll be fun!! Besides, she was mean to me yesterday. I asked her to get me a glass of water and she wouldn't to it! She deserves it! (REUBEN then grabs the head off Maria's doll.)

Maria: Give it back Reuben!! (She yells and chases REUBEN.)

Bobby: Reuben, give it back to her and leave her alone! (He grabs the doll head from REUBEN and gives it back to Maria) Remember, what we've been learning at the church about kindness. Even when someone has been unkind to us, we should still be kind to them.

Reuben: Okay, Okay, you're right! Let's go watch TV. It's not that fun being mean to her anyway.

DEBRIEF:

Who acted kind in this skit? *(Bobby did because he helped Maria)*

Would you have done what Bobby did? *(Wait for their response)*

Let's pray and ask God to help us act kind.

WEEK 1 - MEMORY VERSE

MEMORY VERSE: Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness, and patience.
Colossians 3:12

TEACHING THE VERSE

- Read the scripture to the children.
- Teach two of the actions from below at a time.
- Each time you teach two new actions, start at the beginning again. This is so the children do not forget the previous actions.
- Do this until you've completed the verse.
- Then, do it two more times as a group.
- If you have the time, separate the children into two groups and see who does the best job reciting the verse.

ACTIONS FOR THE VERSE:

Therefore- put four fingers up in front of you.

As- open both hands palms up

God's- point to God

Chosen- put one hand palm up while you pretend to "pick" something from it with your other hand.

People- take finger and point to a bunch of people.

Holy- make and "H" in sign language (two fingers held out together) and wipe the fingers across the open palm of your opposite hand.

And- clap your hands.

Dearly- clench your fists.

Loved- cross both arms across your chest.

Week 1 – What is Kindness?

- Clothe-** take open hands and take them down your body from the top of your head to your toes.
- Yourselves-** point to yourself.
- With-** stomp your feet.
- Compassion-** rub the top of one of your hands with the palm of the other.
- Kindness-** stretch hand out with palm up and open.
- Humility-** clasp hands in front of you.
- Gentleness-** pretend to lightly tap the head of a child.
- And-** clap your hands.
- Patience-** point to arm as though tapping a watch.

WEEK 1 - PRACTICAL LIVING

Skits

MATERIALS: 2 chairs, a ball, and 4 people for skit #1 and 3 people for skit #2.

Since this is the first week about Kindness, we want to show children examples of kindness during this practical living. They need to see how being kind affects their life.

During this practical living time, **you will do two skits** that show someone being kind, and someone being unkind. Before and after each skit you will need to ask the children questions.

“Before” Questions (questions 1,2,3 for Skit 1; question 3 for Skit 2)

1. What is kindness?
2. What makes a person kind/unkind?
3. While you watch the following skit, see if you can figure out who is being kind, and who is being unkind.

“After” Questions (for skit 1 and 2)

1. Who was kind/unkind in this skit?
2. What would you have done in this situation?
3. What do you think Jesus would do?

See the next two pages for the skits- you may need to make copies of the skits for your actors.

Skit #1

You may want to start this skit by explaining that on an airplane there is a first class section and a coach section. Coach is cheaper, but is cramped *and you receive less service. First class has a lot more room, and you get lots of service.*

(Two people have just boarded an airplane and are getting settled in their seat. Both are sitting in first class. One person is kind and giving, the other person considers himself to be better than every one else. As the scene starts, the stewardess walks in with a pregnant woman..)

Stewardess: I need a volunteer to give up their seat for this woman. Since she is pregnant, she will need more room for her comfort. Would anyone be willing to volunteer?

Self-important man: *(indignantly yells)* How can you even think about asking us to move. I can't believe this airline. I have too many important things to do to give up my seat! Besides, she'll be okay! She can sit back there.

Kind Person: I'll give up my seat for you. It would be too hard for you to have to sit in the back. Come on and let me help you get comfortable.

Pregnant Woman: Thank you so much!

The scene ends with the kind person helping the pregnant woman.

Freeze- and ask “After” questions

Skit #2

(The scene opens with two friends playing ball on the playground. Trevon, who no one ever plays with comes up and watches them play. You can tell he wants to play, but he's too afraid to ask.)

Friend #1: Look over there. It's Trevon. I don't want him to play with us. He doesn't have any friends, and if we let him play, no one else will ever play with us!!!

Friend #2: Yeah, you may be right, but I feel bad for him. He has feelings too, and I bet he's like to have some friends. Maybe if we play with him, others will see that and want to play with him too. Let's ask him to play!!

Friend #1: Okay, it seems a little weird, but we can do that just this once! (he motions to Trevon) Hey, you wanna play?

Trevon: Yes! (he runs over and begins to play with them)

Freeze- ask “After” questions.

WEEK 1 - READ-A-LOUD

"The Legend of the Dipper"

Retold by J. Berg Esenwein and Marietta Stockard; *The Children's Book of Virtues* pg.77

Summary: This story is about a town that was going through a drought. A little girl who lived there wanted to help her sick mother, and she traveled a long way to get a little dipper of water to quench her mother's thirst. On her way, she met others who needed water too, and she would give just a little to each one. Every time she gave to someone, her dipper changed into more valuable material, until finally it was diamond. The rest of the water in the dipper turned into a fountain in her home, and the dipper was taken to the sky and it still shines today. We call it the Big Dipper.

The point we want the children to see is that when we are kind we will be rewarded. Kindness also changes our character, and we begin to put others above ourselves.

PRE-READING QUESTIONS:

Can you remember a time you were kind? Tell us about it.

How did it make you feel after you were kind?

The girl in our story is a very kind and compassionate person. Notice how willingly she gives to others.

POST READING QUESTIONS

When the different people wanted a drink of the water, would you have given it to them?

How was the little girl rewarded for her kindness?

Can you think of other ways we are rewarded for being kind?

WEEK 1 - CRAFTS

✂ Paper Flower

MATERIALS: Assorted color tissue paper, pipe cleaners, Styrofoam cups, glue.

To prepare for this craft, you will need to cut the tissue paper into different size circles. Have about four circles per flower. The bottom circle should be the largest, the next circle should be a little smaller, and so on. Stack the circles on top of each other and punch two holes into the middle of the circles. Make as many sets of these flowers as you will need. Then set out the flowers, pipe cleaners, Styrofoam cups, and glue. Then follow the procedure below.

- Tell all the children to sit with their hands folded until you say they can touch the craft.
- Explain to them that today they are going to make a paper flower that they will give away to someone. Tell them that by giving it to someone it will be an act of kindness, and they need to pick someone that they do not always treat well.
- Have each child think of the person to whom they will give the craft.
- Then explain to them how to make the flower.
 - Have each child take their Styrofoam cup and decorate the outside as though it is a flowerpot.
 - They will take the tissue paper and make sure the holes are lined up.
 - Then they will put one end of the pipe cleaner through one of the holes.
 - Next, they will take that same end and loop it through the other hole.
 - Then they need to check and make sure that the two ends of the pipe cleaner are even.
 - Once they are even, have the children twist the pipe cleaner together.
 - Then have them bend the bottom of the pipe cleaner so they can glue it inside the Styrofoam cup.
 - Glue the pipe cleaner in the cup, and hold it there for about five minutes.
 - Now the craft is finished!!!

Remind the children that they will be giving their flower away and you want to hear about how each child was kind.

WEEK 1 - RECREATION

DAY ONE: Wheelbarrow Races

- Separate your children into teams of two.
- Tell them that they will be doing wheelbarrow races.
- Show them how to make a wheelbarrow with their partner.
- Explain that one partner will hold the legs of the other and run.
- The other partner must move their hands quickly to keep from falling over.
- Give the teams a chance to try being wheelbarrows.
- Then explain that they will be racing in groups of four.
- Race as many groups of four as you can.
- Have the winning teams sit aside from the rest of the group.
- The winning teams from each group will race each other for the championship.
- After you have found your champion, **ask** the children the **following questions**:

Did anyone get frustrated with their partner during the game, and if you did, how did that change the way you treated them?

How did you treat your partner?

Did anyone feel that their partner was unkind during the race?

Who felt that their partner was kind?

DAY TWO: Dodge Ball

- Have the children make a circle.
- Pick four people from the circle to be in the middle.
- Tell the children that today we will be playing dodge ball.
- Normally when people play dodge ball, they throw it as hard as they can, but today we are going to see how gently we can throw the ball.
- Play the game a few times, and then **ask the following questions**:

Was it harder to get someone out by throwing the ball gently?

Did anyone decide that they weren't going to throw the ball gently? Why?

Sometimes it's hard to be kind, but we must do it anyway because the Lord asks us to do it. Just like it was hard to obey us and gently throw the ball, it will be hard to be kind to others even when they may be mean to us. Many times Jesus was kind to someone who had been very mean to him. We are supposed to follow Jesus' example. Can you think of anyone that you could be kind to this week, even though they are mean?

DAY THREE: Free Play

Let the children choose what they will play today. Throughout recreation time, have all your volunteers watch and see whether or not the children are being kind to one another. If someone is kind, praise them for it. If they are unkind, pull them aside and use that moment to teach what they should do if they want to be kind.

DAY FOUR: Caterpillar

- Have the children line up in a straight line.
- Tell them all to gently grab the waist of the person in front of them.
- Then tell them the object of the game is for the person in the front of the line to "catch" the person in the back of the line.
- They will be dragging one another along, so watch and see who is kind to the people around them and who is mean.
- Play the game several times, changing everyone's position in the line.
- Then **ask the following questions:**

Was it hard to be kind in this game?

Who felt like it was easy to be kind to the people around you?

What would be an unkind/kind thing to do while playing this game?

GOD IS ALWAYS KIND: WEEK 2

WEEK 2 – BIBLE CLUB

- LESSON AIM:** To help the child understand that God is always kind to us, even when it doesn't feel like it.
- SCRIPTURE:** Exodus 1:6-14; 2:23-25; 3:7-10; 12:31-36, Joshua 1:1-5.
- MEMORY VERSE:** Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness, and patience. Colossians 3:12

The Israelites in Egypt

The Israelites came to Egypt because Joseph, their brother, was second in command to Pharaoh, and Egypt was the only place that had food during a seven year famine. Had they not come to Egypt they would have died. They were treated kindly because of Joseph, and they loved it. They prospered and increased so much there were about 2 million Israelites living there.

This scared the new Pharaoh, and he did not remember or appreciate what Joseph had done for Egypt while alive, so he made the Israelites slaves. He wanted to decrease their numbers, keep them from aligning with a foe during a battle, and lastly to exploit the power of their labor. The Israelites I'm sure questioned God as to why He allowed them to become slaves. This seemed unkind and not like God. God allowed the slavery, but He always knew that someday He would bring them out of Egypt and give them a land of their own.

The Israelites probably would not have wanted to make such a hard journey to the promised land if God had not made their situation so difficult in Egypt. He did this so He could give them something better.

Exodus 12: 31-36 tells of how Pharaoh finally let the Israelites go. The Egyptians were so glad to them so they gave them all their precious valuables. Not only was God giving them freedom and a land of their own, but He also helped Israel plunder the Egyptians without a fight. At first it seemed that God was unkind, but in the end He had a plan for their best. God is kind to us and has a plan for us, even when it doesn't feel like it!!

Discipleship
Tip

When talking to a child have them imagine God in their mind. Is He kind or unkind? Why or why not?

Hook

MATERIALS: paper for paper balls, little super bounce balls.

Bring the children together for Bible Club and give them each a piece of paper. Tell them to take the paper and wad it up in a ball. Then allow them about 3 minutes to play with their paper balls. After time is up, take a garbage bag around to each child and throw them in the bag. Rip them up and tell the children, I have to do this so you can get something better later. I want what is best for you, and taking these away is best. At family time, I will give you something better. (Please see “Family Time” instructions right after Bible Story Discussion Questions) **Don't tell them what you will be giving them.** Then **ask the following questions:**

How did you feel when we told you that you could play with paper balls today?

How did you feel when we took them away?

Did you think we were being kind?

Do you think we really do have something better for you at family time?

A Talk About God's Kindness

Many times, God gives us something that is good, and then takes it away to give us something better. Sometimes in life, it seems that God has forgotten us, and that He isn't going to be kind to us. We will look at our situation and think God isn't being fair or He's being cruel. The truth is that God is always kind to us, even when we don't feel that He is. He always has good things planned for us. We may not always see the good things immediately.

At the beginning of Bible Club when we gave you paper balls and you got to play with them, you felt we were being really kind to you. Then when we took them away and promised to give you something better, it didn't feel that we were being very nice. Sometimes God may seem that he's not being very nice too, but you must always remember that He loves us, has a wonderful plan for our life, and is kind to us. He wants to meet our needs and will not treat us unkindly. Now, we are going to act out a true story from the bible. It's about a time when it seemed that God was being mean, but it was really His kindness.

Bible Story

Exodus 1:6-14; Exodus 2:23-25; Exodus 3:7-10; Exodus 12:31-36; Joshua 1:1-5

To set up the story, do the following:

- Put your children into groups of five. Each group will be acting out one of the Bible verses above.
- Tell the children that their group will act out the verse that you assign them.
- Give each group their assigned verse. Please see the following pages with the verses for each group already written out – NIV translation.
- If possible have an adult or an older child helping with each group.
- Give them 5 minutes to put together their verse.
- Then put the groups in order from left to right. They go in the order that they are shown above.
- Tell them that you will point to their group when you want them to act out their verse.
- Then **say the following to introduce the story.**

The Israelites, who were God's chosen people, had been saved from a famine by moving to Egypt. Egypt was a wonderful place, and the Israelites had been treated very well. This was because Joseph, an Israelite, had prophesied about the famine and saved Egypt and many other nations. But, when Joseph died, something awful happened to the Israelites. Let's see the first skit and find out what happened.

Point to the first group.

First group (Exodus 1:6-14): Ask these questions after they finish their skit:

Do you think this was a kind or good thing that happened?

Why do you think this happened?

Wait for their answers and then **say**, "The next few verses will give us a clue as to why God allowed this."

Point to the second group.

Second group (Exodus 2:23-25) **say** the following after they finish their skit:

"Notice that God is concerned for them, and He will not let them stay in slavery. So what He did, which we won't read about today, was send Moses, who was an Israelite, to the Pharaoh to tell him that God wanted him to let His people go. What God said to Moses when He sent him to free the Israelites will be acted out by our next group.

Point to the third group.

Third group (Exodus 3:7-10) say the following after they finish their skit:

"When God told Moses that He was sending him to Pharaoh to bring the Israelites out of Egypt, that's exactly what He did. In fact Pharaoh and the Egyptians begged them to leave!"

Point to the fourth group.

Fourth group (Exodus 12:31-36) say the following after they finish their skit:

"When the Israelites left Egypt, God not only freed them from slavery, but He also had the Egyptians give the Israelites all their valuable things. God also had a plan to give the Israelites their very own country or land. Let's hear from our fifth group. They will tell us about what God did.

Point to the fifth group.

Fifth group (Joshua 1:1-5) say the following after they finish their skit:

"In Joshua 1:1-5, it talks more about God's promise to Israel. God gave Israel all the valuable things the Egyptians owned, and then gave them their very own land. They were once slaves, but they ended up having all that they needed. That seems like a very kind thing for God to do doesn't it? Now, let's break up into groups and discuss this story.

Verses to be acted out

First group (Exodus 1:6-14):

⁶Now Joseph and all his brothers and all that generation died, ⁷but the Israelites were fruitful and multiplied greatly and became exceedingly numerous, so that the land was filled with them.

⁸Then a new king, who did not know about Joseph, came to power in Egypt. ⁹“Look,” he said to his people, “the Israelites have become much too numerous for us. ¹⁰Come, we must deal shrewdly with them or they will become even more numerous and, if war breaks out, will join our enemies, fight against us and leave the country.”

¹¹So put the slave masters over them to oppress them with forced labor, and they built Pithom and Rameses as store cities for Pharaoh. ¹²But the more they were oppressed, the more they multiplied and spread; so the Egyptians came to dread the Israelites ¹³and worked them ruthlessly. ¹⁴They made their lives bitter with hard labor in brick and mortar and with all kinds of work in the fields; in all their hard labor the Egyptians used them ruthlessly.

Second group (Exodus 2:23-25)

²³During that long period, the king of Egypt died. The Israelites groaned in their slavery and cried out, and their cry for help because of their slavery went up to God. ²⁴God heard their groaning and he remembered his covenant with Abraham, with Isaac and with Jacob, ²⁵So God looked on the Israelites and was concerned about them.

Third group (Exodus 3:7-10)

⁷The Lord said’ “I have indeed seen the misery of my people in Egypt. I have heard them crying out because of their slave drivers, and I am concerned about their suffering. ⁸So I have come down to rescue them from the hand of the Egyptians and to bring them up out of that land into a good and spacious land, a land flowing with milk and honey-the home of the Canaanites, Hittites, Amorites, Perizzites, Hivites and Jebusites. ⁹And now the cry of the Israelites has reached me, and I have seen the way the Egyptian are oppressing them. ¹⁰So now, go. I am sending you to Pharaoh to bring my people the Israelites out of Egypt.”

Verses to be acted out

Fourth group (Exodus 12:31-36)

³¹During the night Pharaoh summoned Moses and Aaron and said, “Up! Leave my people, you and the Israelites! Go, worship the Lord as you have requested. ³²Take your flocks and herds, as you have said, and go. And also bless me.”

³³The Egyptians urged the people to hurry and leave the country. “For otherwise, “they said, we will all die!” ³⁴So the people took their dough before the yeast was added, and carried it on their shoulders in kneading troughs wrapped in clothing. ³⁵The Israelites did as Moses instructed and asked the Egyptians for articles of silver and gold and for clothing. ³⁶The lord had made the Egyptians favorably disposed toward the people, and they gave them what they asked for; so they plundered the Egyptians.

Fifth group (Joshua 1:1-5)

¹AFTER THE death of Moses the servant of the Lord, the Lord said to Joshua son of Nun, Moses' aide: ²“Moses my servant is dead. Now then, you and all these people, get ready to cross the Jordan River into the land I am about to give to them—to the Israelites. ³I will give you every place where you set your foot, as I promised Moses. ⁴Your territory will extend from the desert to Lebanon, and from the great river, the Euphrates---all the Hittite country—to the Great Sea on the west. ⁵No one will be able to stand up against you all the days of your life. As I was with Moses, so I will be with you; I will never leave you nor forsake you.

See next page for discussion questions

DISCUSSION QUESTIONS:

F A C T:

What happened to the Israelites after Moses died? *They were put into slavery by the Egyptians.*

What did God promise them that He would do for them? *Give them their own land.*

Did God fulfill His promise? *Yes, and he also gave them all the valuable things in Egypt.*

F A I T H:

Why do you think God allowed them to be put into slavery in the first place? *The reason He allowed them to become slaves was so they would want to leave Egypt. Egypt was a wonderful rich place and they were being treated very well.*

Do you think if you were in such a wonderful place you would want to leave? *No, probably not. God allowed the slavery to occur so He could give them all the valuable things the Egyptians owned, and land of their very own. Remember that even when it seems that God isn't being kind to us, He is always taking care of us and will show His kindness to us in the end.*

F U L F I L L M E N T:

Have you ever felt that God was unkind to you? *Wait for their reply. Discuss any difficult things that may have happened.*

Do you trust God's kindness enough to believe that He always has the best for you?

FAMILY TIME:

- Now give the children the super bouncy balls and ask the following questions:

Is this better than the paper balls?

Did you believe that we would really be kind enough to give you something better?

Do you believe that God will always be kind to you and give you the best?

WEEK 2 - SKIT

Skit

CHARACTERS: LaTasha, Jenise, her S.A.Y. Yes![®] mentor

SCENE: LaTasha and her S.A.Y. Yes![®] mentor are talking together in their one-on-one discipleship time. They have just started talking about LaTasha's mother, and she asks the following hard questions.

LATASHA: Jenise, why did my mom leave me with my Grandmother? I never see her, and when I do she doesn't seem to care about me.

JENISE: Your mom has a lot of problems that she hasn't given to Jesus. She needs to come to God and let him change her life. While everything is so messed up in her life it's better for you to be with your Grandmother.

LATASHA: Well, how come God doesn't just make her come back to Him. Doesn't He care that I need her?

JENISE: Yes, He cares more than anyone else in the world. That's part of why He's keeping you with your Grandmother. God doesn't ever make anyone do what He wants. If God made us do everything He wanted, than He wouldn't be kind. It says in the Bible that it's God's kindness that leads us to repentance.

LATASHA: What is repentance?

JENISE: Repentance means that we feel very sorry for the bad things we have done to hurt God and other people, so we come back to God and let Him change us.

LATASHA: It's God's kindness that makes us do that?

JENISE: Yes, and that is why God cannot force your mom to do the right thing. If He did then he wouldn't be kind to her anymore, and she'd never truly repent.

LATASHA: I hope His kindness brings her back soon!

JENISE: Let's pray for that right now! Sometimes all we can do is pray!

(LaTasha and Jenise bow together as though they are praying.)

DEBRIEF

Did LaTasha feel that God was being kind to her? *No, because she felt He should make her mother come back to Him.*

Why was God really being kind even though it didn't seem like it? *He would not force LaTasha's mom to come back so that she would really repent. If He made her come back than He wouldn't have been kind anymore.*

If you were LaTasha, how would you feel about God's kindness?

Wait for response.

WEEK 2 - MEMORY VERSE

MEMORY VERSE: Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness, and patience.

Memory Verse Game

- To begin this game, you will need to teach the children the hand clapping pattern below:
 - (On 1) clap hands on lap
 - (On 2) clap hands together in front of you
 - (On 3) snap fingers on your right hand
 - (On 4) snap fingers on your left hand
- When you first teach it, use the numbers to help the children stay on beat. You want to help them get into a rhythm.
- After they have established a rhythm using the counting, stop counting and see if they are still able to repeat the pattern. If they are, go on to the next step. By the way, you may have some children who struggle with this game, but it's really good for them to do this anyway.
- Next, start putting the verse you are covering into the clapping. An example is below using this month's memory verse. Notice that the clapping will pair up with syllables, not complete words.

(There-) clap hands on lap
(fore) clap hands together in front of you
snap fingers on your right hand
snap fingers on your left hand

(As) clap hands on lap
(God's) clap hands together in front of you
snap fingers on your right hand
snap fingers on your left hand

Continue the verse using the pattern above.

After you have put the whole verse into the pattern, repeat the verse several times until the children feel comfortable with it. Once this happens, you can also start doing the verse really slow and then speed it up as you go along. Eventually, you will be going so fast that the children will break down in laughter. This is great fun!!!

WEEK 2 - PRACTICAL LIVING

Testimony of Someone Who Felt That God Was Unkind, But Then Learned That He is Always Kind, Even When it Doesn't Feel Like it!!!

You will need to invite someone to come and speak about learning of God kindness. The best person to invite may be someone who has or had a physical ailment, trouble with a family member, or some other painful trial.

Before the person shows up to share their testimony, make sure they know the topic they will discuss. You should probably share what you did for bible club, and how the children reacted to the teaching.

At the end of the person's testimony, give the children a chance to ask questions. You may want to have a list of questions to ask in case the children have trouble thinking of them. Below is an example of some questions that may be applicable.

How did you feel when _____ happened to you and you felt God was unkind?

What helped you realize that God is always kind to us?

Did you ever get mad at God?

When you think about the trials you have encountered, do you really believe that God is always good to us?

Remember when you ask a person to come and give this testimony, it needs to be someone who has a very strong faith. Some people may not handle trials in a godly way. Don't just pick someone who has been through a lot. Pick someone who has been through pain, and still believes that God is good and kind all the time.

WEEK 2 - READ-A-LOUD

The Little Match Girl

By Hans Christian Anderson; found in *The Book of Virtues*; William J. Bennett, pg 124

Summary: This story is about a little girl who is out on the streets on New Year's Eve trying to sell matches. She is so poor that she has no shoes, and her clothing is sparse. She tries to light a match for warmth, and as she does she begins seeing visions. The last vision she sees is her dead grandmother who takes her to heaven. Everyone thought it was such a shame that she had died, but she actually went to be with God and felt no more hunger, cold, or pain. God took her to be with Him so she wouldn't have to suffer anymore.

This story is sad, and some of the children may not understand why God allowed her to die. Explain that sometimes we think it's better to live on earth instead of go and be with God in heaven. Going to be with God shouldn't be a scary thing. When we are with Him, we do not experience pain anymore. God was kind to the little girl, because He knew her suffering was great, and wanted the girl's pain to end.

PRE-READING QUESTIONS:

What is the first thing you think of when you think of God's kindness?

Do you think that it can seem that God is being mean, but He's really being kind?

In our story today, we will be reading about a little girl who was suffering a lot in her life. God did something for her, that when others looked at it, it seemed unkind. But it actually was very kind.

POST-READING QUESTIONS:

What troubles was the little girl facing? *She was cold, hungry, tired, and she hadn't sold any matches and would probably be beat when she got home.*

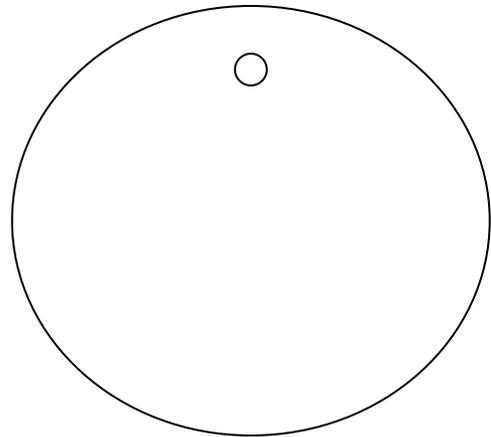
What did God do to ease her suffering? *He allowed her to go with her grandmother to heaven where she would suffer no more.*

WEEK 2 - CRAFTS

✂ Medallion Necklace

MATERIALS: 30 medium sized circles cut from white construction paper, hole-punch or scissors, strips of yarn to make necklaces.

- Before the children arrive, cut the white construction paper into circles.
- Have a hole punched in the top of the circle.
- Explain to the children that they will be making a medallion to wear around their neck. On the medallion, they will draw a picture or pictures that describe God's Kindness. They can also write words that talk about the Lord's kindness.
- Make sure to explain to them that when they draw their picture, the hole should be at the top of the circle. It may be a good idea to show an example of a finished medallion necklace.
- After they have finished their pictures, have the children get a piece of yarn, lace it through the hole, and tie a knot making the medallion into a necklace.
- Give the children an opportunity to share with you and each other how their medallion explains God's kindness.



WEEK 2 - RECREATION

DAY ONE: Musical Spoons

PURPOSE: To be the last one with a spoon when the music stops.

MATERIALS: Spoons, music, tape player.

SET-UP

- Gather spoons for the game. You will need one less than the number of children playing.
- Place the spoons into a large circle.

TO PLAY:

- Have the children walk around the circle of spoons as the music is playing.
- When you stop the music, they must grab a spoon.
- The person who is without a spoon is out of the game.
- Take one spoon away and repeat above steps.
- The last person with a spoons wins.

DEBRIEF

Did you show kindness as you were playing the game?

What could you have done that would be considered unkind?

Do you think God would act that way toward you?

DAY TWO: Sheep Across The River

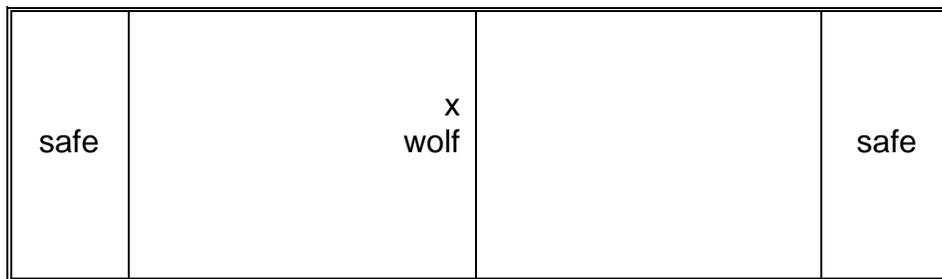
MATERIALS: None, unless you need something for boundaries

OBJECT: To be the last “sheep” left that the wolf did not catch.

This is one of our kids favorites! It is an easy game to do at the last minute if you haven’t had time to plan. Keep this one in the back of your mind!!

SET-UP

To begin, make a boundary like the one shown below.



- Choose one student to be the wolf. They stand in the middle of the center line.
- All the other students stand on one line, preparing to run.
- When the wolf yells, “SHEEP ACROSS THE RIVER” all the students try to run from the side they are standing on, to the safety of the other boundary line, like the “shore”.
- If the wolf touches them, they have to freeze in the exact spot where they were touched. Then they put their arms straight out to their side. They can not move at all.
- Once all the players have either reached the other side or are frozen in the middle, the wolf turns to face the sheep, and yells again, “SHEEP ACROSS THE RIVER.”
- This time, if the wolf touches the sheep they are out, but if the sheep run into an already tagged player, they are also out. The players who are frozen, are not supposed to try to tag the sheep who are running by, they are just supposed to be obstacles to try to get through.
- Continue to play until there is only one player left. They are the wolf in the next game.
- If there are students who are still at the starting line after almost everyone has run across to the other side, count to ten out loud. If they do not run by the time you finish counting, they are out and must find a place on the field to stand and freeze with their arms out.

You can have two players be the wolf. The game goes much faster and more students get the chance to be the wolf. You can select the last girl and the last boy so that each would get a chance.

DEBRIEF

How did it feel to get tagged early in the game and have to stand there the whole game with your arms stretched out?

Did you wish you could have been back in the game?

Did you feel that it was unkind to have to stand with your arms stretched out?

Did it feel unkind to make you run after we counted to ten? Why do you think we did that?

DAY THREE: Red Rover, Red Rover

MATERIALS: None, unless boundary markers are needed.

- Players get to their two teams facing each other.
- Stand about two yards from each other. The closer the teams are the safer this game is. They have less space to gain momentum.



- Each team holds hands.
- A coin is flipped to see what team will go first.
- The team can decide together who they want from the other team to come over. Try to monitor the deciding process, so it doesn't take more than ten seconds. You might want to count out loud.
- Then, Team #1 all together calls out "Red Rover, Red Rover send Laticia over"
- Laticia, then runs across as hard as she can and tries to break through the opposing line where it is the weakest.
- If Laticia breaks through the line, she may choose two players to return with her to her team. (If your group is small, you might want her to only choose one player and then the game will last longer.)
- If Laticia is not able to break through the line, she must remain on the opposing team.
- The winning team is the one with the most players at the end of the time of play.
- The team's players will get mixed up on this game. The team that should be credited with the win for the competition points should be the team that makes up the most members of the winning team, regardless of what side they were on at the beginning the game.

DEBRIEF

Did anyone show unkindness during this game?

Did you hold as tight as possible even when it was one of your teammates coming at you?

If you didn't, was that a kind thing to do?

How can you play with kindness the next time we play?

DAY FOUR: Free Play

MATERIALS: All the fun equipment that you have at the center.

This is the time that you can give your students the freedom to play a game on their own. Watch and see the kinds of games that they play. See if they are repeating any of the games that you have played before during recreation. Be sure and acknowledge the children that are playing with kindness. Watch to see if there is anyone else being appreciative of their fellow teammate's kindness and give them some encouragement too! They will imitate whatever you do. Be sure you are doing things worth imitating!

WHY SHOW KINDNESS TO OTHERS?: WEEK 3

WEEK 3 – BIBLE CLUB

- LESSON AIM:** To help the child understand their need to be kind.
- SCRIPTURE:** Acts 3:1-13
- MEMORY VERSE:** Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness, and patience. Colossians 3:12

The Crippled Man is Healed

his week we will be covering how Peter and John healed a man who was crippled from birth. As they were walking by this man, he begged them to give him money. Peter and John saw through to his real need, and showed him kindness by giving him his ability to walk.

In verse 8 it says that the crowd was "filled with wonder and amazement." Not only had they shown real kindness to the man, but they also had the opportunity to glorify Jesus. When we show real kindness to others, it not only helps the person, but it also glorifies God.

We need to be kind so that we cant tell others about how wonderful Jesus has been to us. We also must remember that we receive that kindness form Jesus, just like Peter and John received power to heal the man from Jesus. Whenever we are kind we should give credit to God so that others may come to know the Lord. We need to be kind because when we are it pleases God, glorifies Him, returns to us, and we are blessed.

Discipleship
Tip

Discuss with a child what may happen to others when we are kind and say that our kindness comes from God. Have them show kindness to a person this week and give glory to God. Then have them report the results.

Hook

- Separate the children into two groups.
- Have the two groups facing each other and tell them all to sit down.
- Then, tell one of the groups that they will have a difficult task to accomplish, but if they do it, they will each get a prize. Everyone with shoestrings must tie them together. Everyone who doesn't have shoes with shoestrings on them, will have their ankles loosely tied with a string. Make sure a S.A.Y. Yes!® staff member ties the children's shoes and ankles.
- Their task is to untie themselves using nothing but their elbows. This will be impossible for them to do, but don't act like it's hard at all. Then see if anyone from the other group feels sorry for someone and helps them. Don't reprimand the child for helping, but don't tell them to help either. If the children from the other group ask if they can help their friends, tell them they can. (If a child from the group who has nothing to do goes and helps another child in the other group, give both of them a prize after time is up.)
- After about five minutes, tell the group with the task that their time is up. It is now the other groups turn to try to accomplish the same task. Repeat the same procedure with them as you did with the other group. Then, gather the groups back as one, and **ask the following questions.**

How did you feel when you realized that you were only allowed to use your elbows to untie yourself?

Did it seem unfair?

If you got untied, how did it happen? (*Someone helped*)

What is it called when someone helps another person in need? (*kindness*)

If you were in the first group and someone helped you untie yourself, did that make you want to untie them when they were in the same situation?

How many of you helped because you wanted to get a prize for helping?

A Talk About Kindness

Say: “There are two reasons that we should all try to be kind to others. One, it is pleasing to God, and two, many times that kindness will be returned to you. I know that if I had been in the first group that had to untie myself and someone from the other group helped me, I would have wanted to help them too. I would also want to help because God may reward me like you were rewarded with a prize. Sometimes people won't be kind no matter what, but you still need to do what's right. So, when you are in situations at school or at home and you see a chance to be kind, take it!!! Kindness will probably be returned to you, and you will also please God!

Week 3 – Why Show Kindness to Others?

God loves to see us be kind to one another, because when we do that we are acting like Him. Then people will look at you and wonder what makes you so kind, and you will be able to say it is because of Jesus. Jesus has been more kind to us than anyone in the whole world. He died for us. He suffered a death He didn't deserve and paid for our sins. If He hadn't died, we would not be able to talk to God or spend forever with Him. When we are kind, we act like Jesus, and that makes Him very, very happy. Next, we are going to hear about a story from the Bible where two of Jesus' disciples showed kindness to a crippled man. Let's interview them and see what they have to say about their story."

Bible Story

An interview with Peter, John, and the crippled man. Acts 3:1-13.

To set up this interview, find three people to pretend to be Peter, John, and the crippled man. It would be best to have them dress up like their characters.

Have them sit as though they are on a panel discussing their story. Introduce each Bible character. **Say** the following for the introductions:

Peter

“Our first guest is Peter. He was a devoted disciple of Jesus. When he first knew Jesus he was a very loud, obnoxious person, but Jesus changed his life. He was the first one to profess that Jesus was the messiah. He had to be changed a lot, but the Lord made him into one of the most kind, loving, and dedicated disciples in the Bible.”

John

“John was always known as the disciple of love. He was so close to Jesus that he would rest his head on the Jesus' shoulder. He remained faithful to the Lord all of his life.”

Crippled Man

“Our next guest is the crippled man. He was crippled from the time he was born, and he always sat at the same gate (gate beautiful) begging for money. One day he asked Peter and John for some money. Instead of giving him money, they did a very kind thing for this man. Let's hear about it now.”

Questions to crippled man:

What did Peter and John do for you at gate beautiful? *They healed my legs in the name of Jesus and now I can walk.*

How did you feel when you first discovered you could walk? *I was so excited, because I had never been able to walk or run. So, I started walking, and leaping, and praising God. I knew that the Lord had used them to be kind to me and heal me.*

What did others say about what happened to you? *They were amazed, and many wanted to know Jesus because of what happened.*

Questions to Peter and John:

Peter, why did you heal this man in the name of Jesus? *Because the Lord wanted me to. I also knew it would give God glory.*

Week 3 – Why Show Kindness to Others?

John, you are considered the disciple of love, some people would have just expected you to give this man money, why didn't you? *Because money would be a temporary gift, but being able to walk was a more permanent gift. I knew that was the act of kindness God wanted to be shown to this man.*

Peter, why would your actions be considered kind? *Because we saw this man's need and we met his need.*

John, why do you think everyone needs to show kindness to others? *Well, first of all it is what God would want us to do. You all know your memory verse this month. God tells us to clothe ourselves with kindness. He wants us to show kindness all the time. Also, many times when we are kind, that kindness will be returned to us.*

DISCUSSION QUESTIONS

What did the crippled man ask Peter and John to give him? *(money)*

What did they give him? *(They healed him.)*

Why was this an act of kindness? *(Because they gave him something that would last longer than money)*

Why should you be kind? *(It pleases God, and it makes others want to be kind too.)*

Have you ever done something kind for someone else? *(Wait for their response)*

How did being kind make you feel? *(Wait for their response.)*

What can you do this week to be kind to your family?

What can you do this week to be kind at the S.A.Y. Yes!® Center?

What can you do this week to be kind to people at school?

WEEK 3 - SKITS

Skit

CHARACTERS: Maria, LaTasha

SCENE: LaTasha and Maria are playing with Maria's new doll. They are having a lot of fun until both of them want to change the doll's clothes.

Maria: The baby needs her diaper changed and a new pair of clothes. I think I'll change her!

Latasha: I was just thinking the same thing, except I want to change her.

Maria: She's my babydoll and I want to do it!

Latasha: Well you don't have to be so mean about it!

She turns away because her feelings are hurt.

Maria: I'm sorry LaTasha! I didn't want to hurt your feelings or be mean you! You're my best friend and you're more important than a doll. Here, you change her. I'll get to change her all the time.

Latasha: Thanks Maria. How about you change her diaper, and I change her clothes!

Maria: Good idea!

DEBRIEF:

Who acted with kindness in this skit? *Maria was kind because she let LaTasha change the doll's clothes, and LaTasha was kind because she let Maria change the diaper.*

Do you think that LaTasha would have been kind to Maria later if Maria had treated her unkindly? *Probably not.*

Let's pray together and ask God to help us make decisions to be kind.

WEEK 3 - MEMORY VERSE

MEMORY VERSE: Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness, and patience. Colossians 3:12

Praising God

MATERIALS: An eraser board or poster board, markers.

- To begin, you will need to have your eraser board or poster board set up in front of the room.
- **Tell the children,** "Today we are going to play a game that will praise God. I'm going to ask for the first word in our memory verse. The first group to raise their hand will get a chance to tell me the correct answer. If they have the right answer, then their team gets a point. Then, we are going to take the first letter of the word and think of a word that starts with that letter. The word you think of must be a word that praises God."
- **Write the following example on the board:**

Therefore	As	God's
T for God is tender	A for God is Awesome	G for God is great

- The first team to raise their hand with a praise word to God and says a word that really does praise God will get a point.
- After you've finished with the entire verse, count up the scores of each team, (you will need to keep a tally of points) and see who wins!

WEEK 3 - PRACTICAL LIVING

Phone Etiquette

This lesson should teach your children how to be kind and considerate on the phone.

The two main things you want them to learn is how to answer the phone, and how to take a message for their parents.

- First, ask for a volunteer to do a pretend phone call. Tell them that you will be calling their house, and that they can pretend that their hand is a phone.
- "Call" your volunteer, and after the phone call is over write their responses to your questions on a board. (chalkboard, eraser board, or poster board.)
- Then ask for one more volunteer and repeat the steps you took with the first volunteer.
- After the children have watched two examples, tell them that you are going to teach them how to answer the phone in a polite and kind way.
- Show them the correct way to answer the phone role playing proper phone manners for them, and showing them the **following written text on the board**:

R-i-n-g...

You: "Hello, this is the _____ family. How may I help you?"

Caller: "I'd like to speak to your mother."

If she is home

You: "Hold on just a moment while I get her for you."

Get your mother, but do not yell for her.

You: "Here she is.", or hand her the phone.

If she isn't home or not available

You: "She's unable to take your call right now. May I take a message?"

When the person gives you the message make sure that you actually have a pen and paper to write down the message and repeat their message back to them so you know you have the correct information. If you cannot spell their name, make sure to ask them to spell it for you!!!

Week 3 – Why Show Kindness to Others?

- Caller:** "Yes I'd like you to take a message. My name is Mr. Gonzales, and I'd like your mother to return my phone call. My number is (310) 555-2958."
- You:** "Okay, your name is Mr. Gonzales, you want my mother to call you, and your phone number is (310) 650-2958. I'll give her the message. Thank you for calling. Good-bye."
- Caller:** "Good-bye."

Make sure you give the message to your mother!!"

- Go through this whole role play by reading it first. You should use some of your original volunteer responses to compare what is most polite. Then pick a volunteer to say it with you. Make sure that when you role play it, they say their last name. You want them to get use to answering the phone the way they would at home.
- Lastly, have them break up into groups of two and have them role play a few times together.

DISCUSSION

It's important for you to begin answering the phone in a polite and kind way. When you do this, the people who call will feel that they can trust you with their messages, and it will make your parents very proud.

WEEK 3 - READ-A-LOUD

New!

“The Tale of Harvey Mertzzy, the Merciful Mollusk

SUMMARY: This story is about a snail who was particularly kind to everyone. Even though he lives in a hostile environment with people who have lots of needs, he still finds ways to help. This story has references to the ghetto, homelessness and other urban issues. Make sure you screen it carefully for your children or preface it to the kids before you read it to them.

This week you are talking about why “why show kindness to others?” This is a great story that tells many things that happened because of this snail’s kindness to others.

Or, you may do the following

“Grandmother's Table”

Adapted by Brothers Grimm; *The Book of Virtues*; William J. Bennett, pg. 143

SUMMARY: This story is about a husband and wife that took their mother in when she was old and feeble. At dinner time, the old woman would spill her drink and knock over her food because she was so old. The husband and wife got so frustrated and they made a little table in the corner where the woman would sit. The old woman would cry because she missed the family, but they did not care. Then one day, the husband and wife saw their daughter playing on the floor and she had made a little table in the corner. They asked her what she had made, and she told them that this would be the table they would sit in when they were old. After that, the husband and wife let their mother sit at the big table. They had learned that they were teaching their own daughter values of unkindness.

PRE-READING QUESTIONS

Do you think if you are unkind to someone you will receive kindness in return? *No, because if you are mean to someone they will probably be mean back.*

If you are a role model to someone and you show unkindness to others, do you think the person who looks up to you will be kind or unkind? *Unkind.*

Say the following and **then read the story**, “The following story is about two parents who were teaching their child to be unkind, and they didn’t even know that was what they were doing.”

Week 3 – Why Show Kindness to Others?

POST-READING QUESTIONS:

What did the husband and wife do to their mother? *They made her sit at a table all by herself just because she was messy.*

What did their daughter do to imitate her parents? *She made a table for them to sit in when they got old.*

How did you think the parents felt when they saw what their daughter did? *They were unhappy because they realized that they had taught their daughter to be unkind, and someday she would end up being unkind to them.*

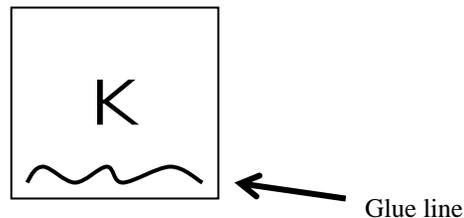
What does that teach you about being kind? *If you are unkind to others that unkindness will be returned to you.*

WEEK 3 - CRAFTS

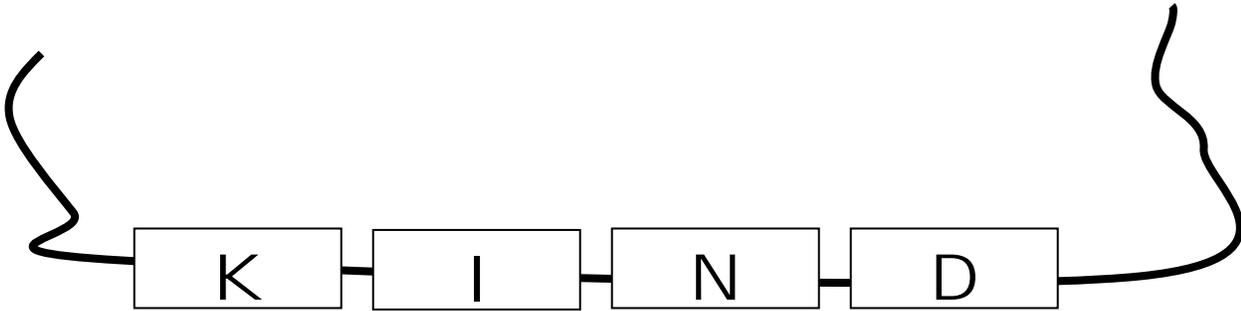
✂ Kindness Bracelet

MATERIALS: Enough yarn cut into 7 inch pieces for everyone to make a bracelet, colored construction paper cut into 1 inch by 1 inch pieces (You will need enough for everyone to have four 1 inch pieces. Make extra for mistakes.), glue, and markers or crayons.

- When the children arrive at craft today, **tell them**, "Today we are going to make a bracelet to remind us to be kind."
- Show an example of a finished bracelet. Then take them through the steps to make the bracelet.
- First, give them all a piece of yarn and four pieces of construction paper. "Please don't touch these until I tell you what to do. If you want to sit on your hands to help you practice self-control, you can."
- Then have them pick a marker or crayon to write on their construction paper.
- **Tell the children**, "Please take one piece of construction paper and hold it up so I can see it." (wait till everyone shows their paper.) "Good, I'm glad everyone has followed directions so well! Now, take your marker and write a capitol letter "K" on your paper." Have them show you their letter. Then repeat the step using the letters "I", "N", and "D". At the end of this step, the children should have "KIND" spelled out on their construction paper.
- Next, have them put a thin line of glue along one edge of each construction paper piece. Now show them how to "roll" the top edge of paper square and overlap over glue edge so that it forms a small tube-like "bead" to lace onto the bracelet.



- Allow the glue to dry, and then lace the construction paper "beads" onto the yarn spelling the word "KIND." Then tie the yarn to make the bracelet. (See example on next page)



WEEK 3 - RECREATION

DAY ONE: Blob Tag

MATERIALS: None (unless rope is needed to designate playing area)

OBJECT: To be the last two players that are not part of either blob.

- Two players are designated to be "It."
- A certain space is designated as the playing area. The size should be larger the more children that are playing.

GROUND RULES:

*Players must work hard not to get caught by either "Blob."

*Players must work as a team.

*Players cannot leave designated area.

*"Its" need to be aware their team can become a whip, be careful so the end player doesn't get hurt.

- When the leader says, "Begin" each "It" begins to chase the other players.
- If a player is tagged by an "It" that player joins hands with that "It."
- The game continues until all players have been tagged and become part of a "Blob."
- Players can run through the middle of the blob and still be free. Only the end people have the power to make people part of the blob.
- The winning team is the one who has the most players at the end.

DEBRIEF

How could you play this game with kindness?

Did you see anyone being kind during this game?

Why do you think you would need to be kind to each other during this game?

Watch for teachable moments as the children play. Tie in actions to the theme of the week.

DAY TWO: Catch Me If You Can

MATERIALS: 2 ropes behind which each team stands. Added ropes may be needed to designate playing areas.

OBJECT: To be the team with the most players in your line by the end of the playing time.

- Children are placed in their two teams.
- The two teams stand in two lines facing each other, about 60 ft. apart.



- The leader touches one player on Team A to be the first charger.
- All the players on Team B stand behind their line with their right hands out over the line.
- Team A charger runs across the playing field and tags the hand of a player on Team B.
- The Team B player chases the charger across the field.
- If the charger is tagged, he must go to prison and the player on Team B is the next charger.
- If the charger makes it across his line safely, the entire A Team chases the player from Team B back.
- If Team B player makes it back across her line safely, the Team B charger chooses a player from their team to be the next charger.
- If Team B player does not make it back safely, she must go to prison. Prisons hold players from both teams. After the Team B person goes to prison, Team A returns to their line and sends out another charger.
- When an entire team gets to run, some may divert and let their prisoners out. To be let out of prison, a prisoner must be tagged and then do 15 jumping jacks.
- The winning team is the team that has the most players on their line at the end of the time.

Week 3 – Why Show Kindness to Others?

DEBRIEF

This is a great game to observe if children will follow the rules or if they do not have the self-control. Concentrate on team spirit here. Start the students cheering for their fellow teammates! This will help them think about being kind to each other.

What was a kind thing that you all did today during the game? (*Cheered for each other*)

How did it make you feel when your team cheered for you?

Did you cheer for your fellow teammates?

DAY THREE: Balloon Stomp

MATERIALS: A balloon for each player and piece of string for each player.

OBJECT: To be the team to have at least one balloon still unstomped.

- Divide the group into their two teams.
- Give each player a balloon to blow up and a piece of string with which to tie the balloon to his/her ankle.
- When the leader says, "Go," the players attempt to stomp as many of the opposing player's balloons as possible, while trying to protect his/her own balloon.
- Those whose balloons have been stomped should step aside to watch and cheer the survivors on their team. Be sure to encourage them that they are an important part of the team spirit!
- The team who has the last player with an unstomped balloon is the winner.

DEBRIEF

Did you stay and cheer even when you balloon got stomped?

Did you feel that your cheering, which was a kind thing to do, helped your friends try to win?

If someone cheered for you, how did that make you feel?

DAY FOUR: Free Play

MATERIALS: All the fun play equipment that you can find.

Have fun and let your students enjoy themselves as they play on their own today!

DEVELOPING KINDNESS: WEEK 4

WEEK 4 – BIBLE CLUB

- LESSON AIM:** To help the child understand that when they are developing kindness, they may face a spiritual battle.
- SCRIPTURE:** 2 Chronicles 24
- MEMORY VERSE:** Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness, and patience. Colossians 3:12

The Story of Joash

Before Joash was made King of Judah, Athaliah, his aunt, took over the throne and killed many who would be in line for the Kingship. This also included her own flesh and blood. Joash was saved due to a woman named Jehosheba. After Joash reached the age of seven, a priest named Jehoiada restored Joash and the Davidic family line to the throne. Jehoiada then became the most influential man in Joash's life. He was very kind to Joash, and as long as Jehoiada was alive, Joash followed God.

Then Jehoiada died, and suddenly Joash was in a spiritual battle to follow God. High ranking officials talked Joash into replacing the temple worship with Canaanite fertility rites. This displeased God, so he sent prophet's to warn Joash. Lastly, He sent Zechariah, Jehoiada's son, to tell them that God forsaken them because of they turned from Him. Joash and a mob of people were infuriated by these words, so Joash allowed the mob to stone Zechariah to death in the temple courtyard.

Joash forgot Jehoiada's kindness, and he lost the spiritual battle going on in his life. He could have followed the way of God and kindness, but instead he chose evil. Because of this, he not only died early, but he was also not buried in the royal tombs with the other Kings.

This week we need to encourage our children to follow the way of God and kindness no matter the spiritual battle. God commands and desires us to show kindness to others. No matter who tries to influence us for evil, we must stand strong and follow God.

Discipleship
Tip

Have the child identify people to whom they have trouble showing kindness. Challenge them to fight evil and follow the way of God by showing that person kindness.

 **Hook**

- Separate the children into groups of two.
- Give one child in each group a worksheet that needs to be finished within 10 minutes. Tell that child that it is their responsibility to finish the worksheet. Don't tell the other child in the group anything. If they ask you what they are suppose to do, just shrug your shoulders.
- Then have one of your S.A.Y. Yes![®] staff go around to each group and encourage the child that has nothing to do, to help the child with the responsibility.
- At the same time, have another S.A.Y. Yes![®] staff go around and tell the child that has nothing to do , to come over with them. The staff member that is trying to get the children to come with them should carry around a bag of suckers or some other candy and act like they might give one to the children. Don't tell the children that you will give it to them if they come, just wave them around in the air, smell them, and say, "Mm, why don't you come with me?"
- Wait about five or ten minutes and see what the children do.
- Then bring the group back together and give suckers to everyone except those who went with the S.A.Y. Yes![®] staff who had the suckers. Then **ask the following questions.**

To the children who didn't have the worksheet and chose not to help their partner:

1. Why did you decide to leave your partner?
2. How did you feel when you didn't get a piece of candy?
3. Are you happy with the decision you made?

To the children who didn't have the worksheet and chose to help:

1. Why did you decide to stay with your partner?
2. How did you feel when you received a piece of candy?
3. Are you happy with the decision you made?

To the children who had the worksheet:

1. How did you feel when you were told the worksheet was your responsibility to complete in 10 minutes?
2. How did you feel when your partner decided to stay/go?
3. Do you think your partner showed kindness to you by staying/going?

DEBRIEF

Say: Sometimes it is very hard to be kind. We know what we should do, but it is not always easy to choose kindness. It's as though we are in a battle and we have to fight to be kind. God calls this a spiritual battle.

Today, _____, who was tempting you with candy, played the role that Satan many times will play in our life. He tells us that he has a better way if you will just follow him, but in the end you will not receive a prize, even if it seems like you will.

God will encourage us to do the right thing like _____ did when they told you to stay with your partner. When you obey God's voice, you will receive a reward. God tells us that He wants us to be kind, but Satan doesn't want that. He will do everything he can to get you to disobey God. Don't listen to him. It is a spiritual battle to be kind, and you must follow the Lord, not Satan. It will be hard to make that decision, just like it was today, but with the God's help you will be able to choose kindness. A great thing happens when you start being kind. It gets easier and easier until it's not such a battle anymore.

We're going to act out a story from the Bible about a man who followed the way of kindness for awhile, but then turned from it and did evil.

Bible Story

MATERIALS: Make a little house to represent the temple, and make some kind of statue to represent the Asherim idols.

- Assign a child to play the part of Joash, Jehoiada, Zechariah
- Assign 5 children to be the evil officials
- Separate the rest of the children into two groups: one group will stay at the temple and worship God, the other group will worship the Asherim idols.
- After you have assigned their parts, separate the room into two sides. One side will consist of the people who followed God (this includes Jehoiada and Zechariah). The other side will have the people who worshipped the Asherim idols (this includes the five evil officials).
- Then place Joash in the middle of the two groups.
- **Tell the children**, "As I am reading this story I want you to act out your part. For example, if I say Joash decided to follow the five evil officials, I want Joash to go to that side of the room."

Read the following story and see if the children act out their parts. If they do not, tell them how to act out the story, and then read it again.

Story of Joash

Once upon a time, a man named Joash became king of Judah.

He was only seven years old when he became king, and a very kind man named Jehoiada helped him make good kind decisions.

Joash did what was right in the eyes of God until Jehoiada died.

When he died, a group of evil officials came to Joash and told him not to follow God and the way of kindness anymore.

Joash listened to them, and he started worshipping the Asherah idols.

This made God very angry, so he sent Zechariah, Jehoiada's son, to tell the king and the officials to stop doing the wrong thing.

But, when the evil officials and Joash the king heard what Zechariah said, they killed him. This made God very angry and sad.

Then Joash died, and because he had killed Zechariah they did not bury him in a place of honor with the other kings of Judah. He also died knowing that he had forgotten Jehoiada's kindness to him, and that he had displeased God by turning to evil and not remembering Jehoiada's kindness.

DISCUSSION QUESTIONS

How old was Joash when he became king? *(Seven years old)*

Who was kind to him? *(Jehoiada)*

What happened after Jehoiada died? *Joash followed the evil officials and forgot Jehoiada's kindness.*

How do you think Jehoiada would have felt if he had know what Joash would do to his son? *He would have been sad that Joash chose to go the way of Satan.*

Why do you think it was so hard for Joash to be kind and follow God after Jehoiada died? *He quit listening to the voice of kindness, and to God.*

What would you have done if you were King Joash?

Has there ever been a time when you felt that it was very hard to be kind to someone, but you went ahead and chose to be kind anyway?

Has there ever been a time when it was easy to be unkind to someone and so you decided to be unkind? [Explain that most of us have made that bad choice before.]

What can you do to chose kindness and follow God when you are put in a situation where it would be very easy to be unkind? *Pray, ask for God's help, read the bible, ask someone to help you be kind.*

WEEK 4 - SKIT

CHARACTERS: LaTasha, Maria, Girl # 1, # 2 and # 3

SCENE: LaTasha is looking for Maria on the playground. She finds her with three other African American children who are teasing Maria about her Hispanic Heritage.

As LaTasha walks up, the girls are pushing Maria.

Latasha: Hey Maria, what's going on?

Girl #1: Nothing's going on with her, just leave.

Girl #2: Yeah take off.

Latasha: No, she's my friend! (Girls look at LaTasha like she's crazy.)

Girl #3: We're gonna leave now, but either you come with us or we wont like you!!

Girl #1: Yeah, if you play with that Mexican we're going to spread it around that you aren't black enough.

LaTasha pauses and looks first at the three girls, and then at Maria.

Latasha: I don't care!! She's my friend! You shouldn't be unkind to someone just because of the color of their skin. You should know that!!!

LaTasha grabs Maria's hand and they walk off together smiling at one another.

DEBRIEF

Why did LaTasha decide to do the right thing and be kind to Maria? *Because they are friends, and you shouldn't be unkind to others because of the color of their skin.*

Why was this a battle to be kind? *Because LaTasha would probably be teased for taking up for Maria.*

Would you have acted as LaTasha did?

WEEK 4 - MEMORY VERSE

MEMORY VERSE: Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness, and patience. Colossians 3:12

MATERIALS: Ten envelopes to hold the cut up scripture verse, construction paper or card stock, and markers.

- To prepare for this game, you will need to print the verse ten times in large letters onto construction paper or card stock.
- After you have done this, cut the words of the verse out into individual words. It should look like the example below.



- Then, place each verse into a separate envelope.
- Separate the children into groups of three. If you have 30 children, ten verses should be enough.
- Tell the children the following, "I will be giving each group an envelope. Inside the envelope is _____ verse all mixed up. When your group gets the envelope, you must put the verse in its correct order. The first group to do this will win."
- Next, hand out the envelopes telling the children, "Please do not open the envelopes until I say go. We want everyone to have a fair chance to win."
- **Say "go"** and then see who your winner is.

WEEK 4 - PRACTICAL LIVING

Scheduling Kindness

MATERIALS: Enough copies of the schedule for each child, eraser board or poster board to write on.

- Today you are going to teach the children how to write out a weekly schedule. You will need to write on the eraser or poster board an example of the weekly schedule, but don't fill this out yet.
- Once you have explained to the children that they will be learning to schedule their time, show them how to write things in for each day. For Monday put something like: Go to the grocery; for Tuesday put: wash the dog; Wednesday: do laundry, Thursday: clean the house; and Friday: have fun!!
- After you've shown them how a schedule is filled out, tell them, "I am going to pass out a schedule for each of you to use next week. You will be filling your schedule with kind things you will do each day. If you do them all and check them off for each day, you will get a prize. Let's think of a list of things that you might want to do next week."
- Ask the children for ideas on how they can be kind and write that list on the board. The children can use this list to help them with ideas for their week of kind deeds.
- Next, give the children a schedule to fill out and make sure they have a pencil.
- **Tell them the following:** "Take this schedule, look at the list of kind things you can do, and choose one kind thing for each day. After you have decided what you will do on each day, write those things in your weekly schedule. When you are finished, one of the staff would like to see your work. Remember, if you do these things and check them off next week, you will get a prize!"
- After the children are through and you are done checking their schedule, make sure that they take their schedule home. You may want to let their parents know about the schedule so they can help the child remember

My Week of Kindness

Name: _____

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

I verify that I have completed my week of kindness. Signature _____

My parent/guardian verifies that I have completed my week of kindness. Signature _____

WEEK 4 - READ-A-LOUD

“A Legend of the Northland”

By Phoebe Cary; found in *The Book of Virtues*, William J. Bennett pg. 148

SUMMARY: This story is about a woman who had lots of little cakes to eat, and Saint Peter came to her door and asked her for one cake. She looked at her cakes and decided they were all too big, so she made a smaller one. When she took that one from the oven, she decided it was too big, so she kept making smaller and smaller cakes until she had made nothing but a wafer. When she looked at the wafer, she still felt it was too big to give away. So, she was turned into a woodpecker and has to search very hard for her food until this day.

PRE-READING QUESTIONS

1. Have you ever given to someone when they needed something?
2. Have you ever asked someone for something and they did/did not give it to you?

Say the following, "Well today's story is about a woman who would not help someone when they asked her to. She kept making the choice to follow the way of unkindness."

Read the story and then ask the post-reading questions.

POST-READING QUESTIONS

1. What did Saint Peter ask the woman to give him? One little cake.
2. Why didn't she give him the cake? Because she felt they were too big.
3. Was this a kind or unkind thing for her to do? Unkind.
4. Would you have given him the little cake?

Say the following, "This lady was in a spiritual battle. She knew that she should give him a cake, but she kept following the way of unkindness. This did not please God or Saint Peter. Sometimes we will be put in situations where it is very hard for us to be kind, but we need to make the right choice and follow God's way. Think about this story the next time someone needs your help."

WEEK 4 - CRAFTS

✂ Banner of Kindness

MATERIALS: Butcher paper or banner paper, tape, and crayons or markers.

- Cut butcher paper or banner paper into a banner that is big enough for all of your S.A.Y. Yes!® kids to fit around and color.
- Tape the paper by it's four corners onto the floor.
- **Tell the children**, "When you go in to do craft, don't touch the big sheet of paper on the floor. Just sit around it and I will tell you what to do."
- When all the children are seated and ready tell them, "Today for craft, we are going to make a banner showing everything we have learned about kindness this month. I want everyone to think about what you have learned most about kindness, and then draw what you have learned onto the banner. You can just draw pictures, or you may want to write what you have learned next to the picture."
- Then give them crayons and markers to draw the pictures.
- After the banner is finished, hang it up somewhere in the S.A.Y. Yes!® Center.

WEEK 4 - RECREATION

DAY ONE: Team Sardines

MATERIALS: None

OBJECT: To be the first team to have all its players find the opponents "Sardine"

- The children play in their two teams.
- Each team selects a person to be their "Sardine."
- The "Sardine" goes out and finds a place to hide. It must be large enough so that all the children from the other team can squeeze into the hiding place.
- When both "Sardines" have found their hiding places, the other children go out to find them.
- When the opposing "Sardine" is found, the player gets into the hiding place with the "Sardine." The player must remain very quiet so it continues to be difficult for others to find them.

RECREATION COORDINATOR: watch the play carefully. If children cheat by making noise or telling others where a "Sardine" is, points must be taken away from that team.

The first team to have all its players hidden away with the opposing "Sardine" is the winning team.

DEBRIEF

If you played this game and someone started making noises when they shouldn't, would that be a kind or unkind thing? *Unkind*

Was it difficult to be quiet and hide even when you knew that a teammate was about to find you?

DAY TWO: Phone Book Volleyball

Disclaimer: This game sounds really out of control, but it really helps students to have a chance to release frustration in a healthy way! Try it at least once.

MATERIALS: 4-6 old phone books, something to use for a net, two large trash bags.

OBJECT: **Part One:** to be the team with the least amount of pages on your side of the net.

Part Two: to have the cleanest side and the heaviest bag of trash.

SET UP:

- Begin by setting up a net using an old blanket and two chairs. You could even use a piece of rope between two chairs and say that the things have to go over the top of the rope. If you do this you might want to put a piece of tape on the ground to show on the ground where the net is. If you see anyone pushing paper under the line, they will be out and you will put a large handful of trash on the opposing teams side at the end of the game. Have a piece of paper and pencil ready to mark these down if you need to.
- Each team gets an equal amount of phone books.

Part One:

- When the leader says go, they have to work as a team to rip out pages of the phone book, wad them up in a ball and throw them over the net.
- They can not tear out more than one page at a time.
- Students will loose handfuls of trash at the end if you see their team wadding up 5 or 6 pages at a time for one ball. Leaders should warn them as they see the students do this during the game.
- Students are also allowed to throw the trash that the other team has already thrown over, back over the net.
- When the leader says time is up everyone should stop and the leader will make the adjustments for improper behavior (give handfuls of paper to the team who wasn't doing the right thing) then the leader should announce the winner for part one.

Part Two:

- Now, give each team a trash bag.
- Their goal is to get as much trash in their trash bag as they can. Have them put the phone books that they tore out of into the bag also.
- They can get trash from either side, but they will not win if their side is not clean.
- Be as meticulous as you can with making them clear up every speck of paper. This way they get to make a huge mess, but clean it up too!!

DEBRIEF

Did you show kindness to your team by letting everyone throw the paper over?

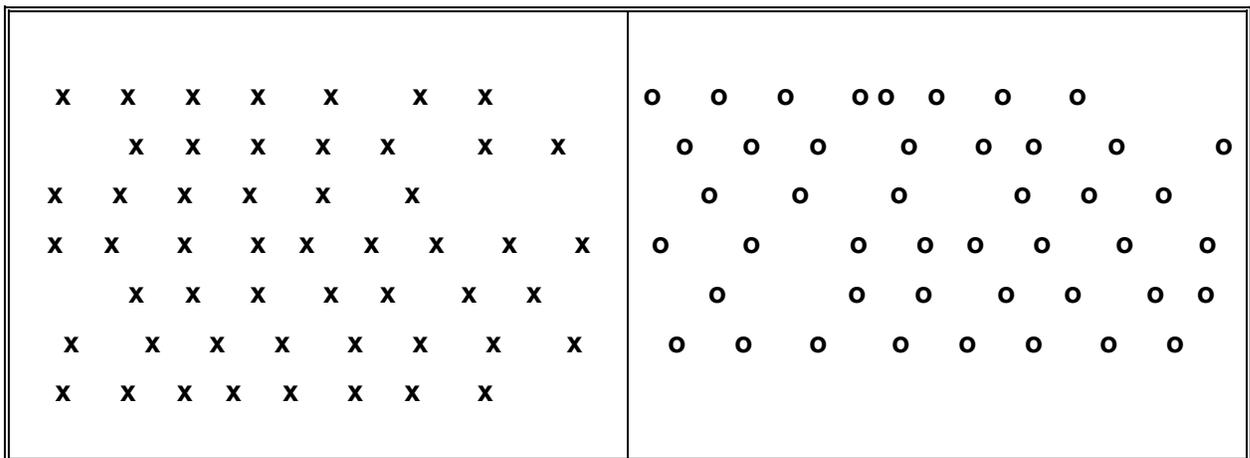
What were the little ones doing?

Did anyone show unkindness by yelling at their team or throwing things at people?

DAY THREE: Balloon Volleyball

MATERIALS: Balloons; a "net" - rope laid on ground or chairs to divide teams.

OBJECT: To be the team that scores the most points by not allowing the balloon to touch the ground on their side.



- Divide players into two teams.
- Players sit on the floor facing the net.
- A counselor bats a balloon with their hand to the other team.
- They try to keep it in the air and over to the opposing side.
- Only 3 touches of the balloon are allowed by a team before it goes over the net.
- Players must keep their bottoms on the floor at all times. (Sometimes it is a good idea to let the kindergarten and first graders stand up on their knees because they are so short they might not ever touch the ball)
- Points are scored if:
 - the ball touches the ground on opposing teams side
 - more than 3 players on the opposing team touches the balloon before it passes over the net.

DEBRIEF

What were some unkind/kind things that happened during this game?

How could you have shown kindness to your teammates?

Was it hard to be kind?

DAY FOUR: Free Play

MATERIALS: All the fun play equipment that you have

This is a time to let the students make up their own rules to games and enforce them. Feel free to play with them, but do not take control of organizing the game. Let them do this and follow their rules. Ask the students to try to participate with their friends in the best way possible. Remind them that the rules of the center should still be abided by during this time.

Have fun!