

Kindness Activities

A Week of Nice

Kindness calendars have become increasingly popular in recent years. The calendars are simple enough—each day of a month is filled with a suggestion of a way to brighten another person’s day or to leave the world better than you found it.

While packing a whole month with kind activities is great to shoot for (of course, as people of faith, our whole future should be filled with plans to be kind!), the problem comes when the “need” to be kind feels more like a chore or something to check off.

So to get the best of both worlds—to get creative on ways to plan to be kind—without overburdening the family, trying planning a Week of Kindness.

We’ve come up with several suggestions of things your family can do together—or individually. Cut out the suggestions you like (or make up your own!) and glue them under the day. Use this to guide your week.

Of course, going forward, try to think through ways your family can practice kindness toward others every week, every month, every day!



Bake cookies for a neighbor	Write notes telling each other what you especially <i>like</i> about each other	Draw a picture or write a note for your boss or teacher (or pastor!)	Pick up litter at a park
Donate money to a new organization	Visit a retirement or nursing home	Compliment another person’s outfit	Invite a new family over for games or dinner
Say “I love you” to someone who needs to hear it	Hold the door open	Help someone one with their coat	

Calendar

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Smile!

One of the easiest ways to show kindness to someone is by **SMILING** at them. Smiling lets another person know that not only have we've seen them but that we're happy to have seen them! That makes everyone feel great.

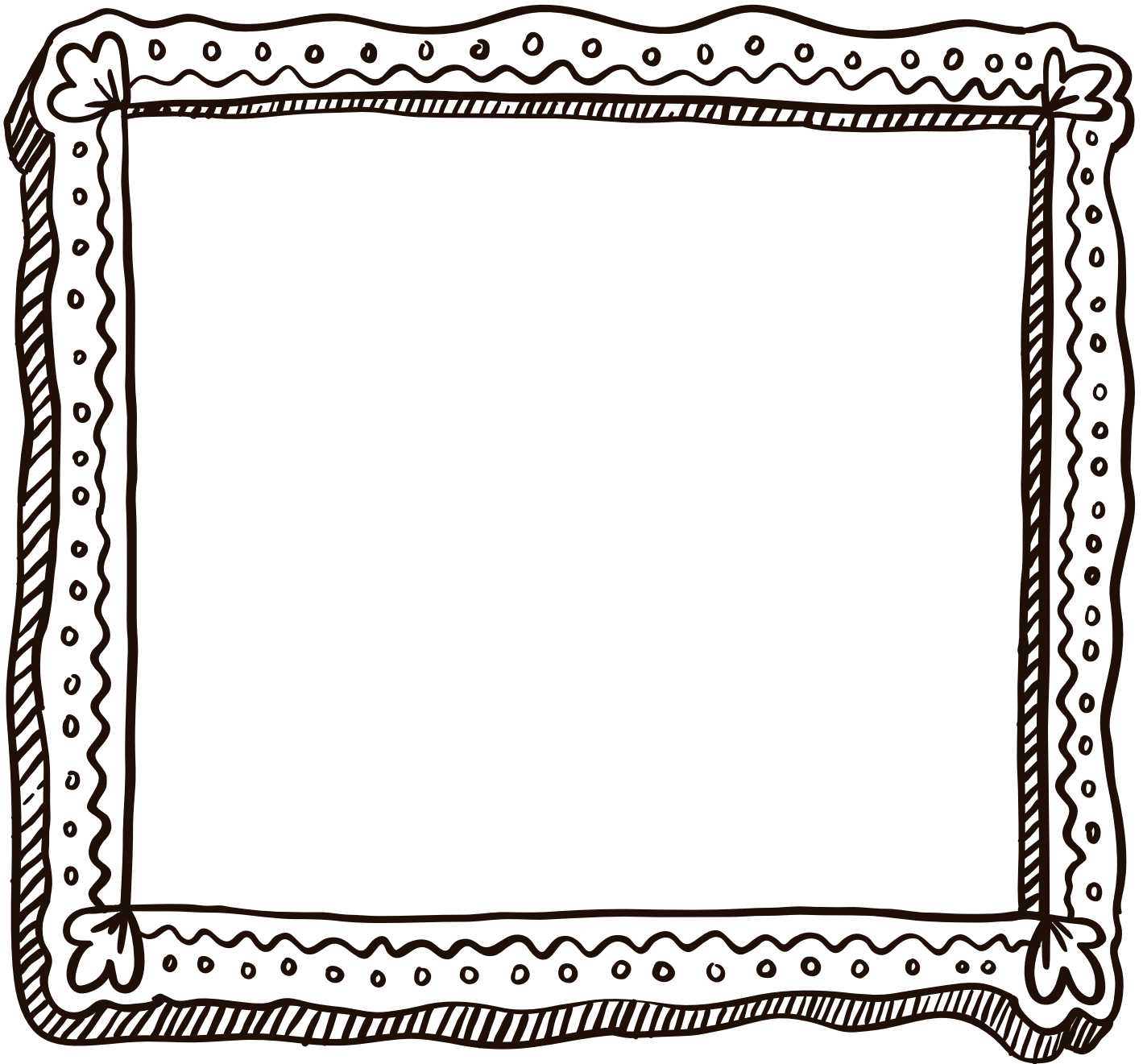
So pick a day to be a Family That Smiles at Others. As a fun activity for the day, choose a new toothbrush for everyone in your family. Write "Be kind! Smile!" on each toothbrush with a permanent marker and then encourage everyone to decorate their toothbrushes.

Then, after your teeth are clean and ready, go out into the world and **SMILE!** It may feel a little silly at first, but go out of your way to smile at babies, at strangers at the market, at people driving past your house, at other kids at the playground, at—no matter how tough it can be—people who are grumpy toward you. Notice how it makes you feel!

Tell a Tale of Kindness

Think of a time when someone was especially kind to you and what it meant to you. How did the kindness make you feel in the moment? How did it change your life? How did it make you a better person? How does it make you feel now?

Tell your family that story—or use the space below to draw a picture of the experience.



Tender Hearts

Ephesians 4:32 tell us to “be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you.” It’s interesting to see the connection between kindness, forgiveness, and being tenderhearted.

While “kindness” and “forgiveness” are words kids are taught from an early age, “tenderhearted” might be new. To help your kids grasp the connection between tenderheartedness and kindness, roll out some play dough (either store-bought or homemade. The internet is full of simple recipes) and use heart cookie cutters to create “tender hearts.”

Pass the hearts around, press into them, stretch them, and ask why having a tender heart might help you be kind to others? How does a tender heart help you treat others gently?