

Kindness means showing others they are valuable by how you treat them.

WEEK
3
← 1ST

Read Matthew 5:41

DAY
1

Sneaky Kindness

Ask an adult to help you look up Matthew 5:41 and highlight or underline the verse. What does it look like to “go the extra mile” when we are talking about kindness? It means that we are kinder than we have to be. That means showing kindness in ways that aren’t expected. So, this week practice being sneaky kind. Your mission today is to write a kind message with chalk in a friend’s driveway. But don’t let them see you. Let it be an unexpected bit of kindness from you.

Show kindness even when you don’t have to.

DAY
2

Drop a Note

All week long, you are going the extra mile like our Bible story taught us about this week. Today, write a note to a friend and mail it to them or drop it in their mailbox. When you take the time to write a note to someone, it shows that you were thinking about them and that they are important to you. Kindness is a big deal, especially when it is shared with someone else!

Remember to take the time to show kindness.

*Be kinder than
you have to be.*

DAY
3

Extra Dose

There are lots of people that we don’t get a chance to show kindness to. Have you ever thought about showing kindness to the person that delivers mail or packages or even the person that picks up trash every week? Now is your chance to show them some unexpected kindness. Ask an adult to help you find a piece of poster board and some markers or crayons. Now, decorate your poster with a kind message and put it in your window so everyone can experience an extra dose of kindness today!

Thank God for the chance to show unexpected kindness.

DAY
4

Expect the Unexpected

Have you ever thought to yourself, “He is really good at baseball?” or “She is really smart.” You have probably thought some very kind things about people, but forgot to actually share those things with them. Today, you get to be sneaky kind again and secretly deliver notes to each person. Flip this page over and see if you can come up with six different notes to leave for your parent, your best friend, or maybe even someone you aren’t close with but you want to share kindness with too.

Look for ways to show unexpected kindness!

I think you ...



I LIKE
HOW YOU...



Thank you for...

You are really good at...



You were a
good friend when...



You
are...

