

Kindness, Good Deeds & Appreciation

Part II

**A simple act of kindness
creates and endless ripple.**

What do you think this means?

Can you think of an example?

Now watch this video:

<https://www.youtube.com/watch?v=h3ztnR4P4Ow>



The man in the queue...

How could you be 'the man in the queue?'

1.

2.

3.

Ephesians 4:32

**Be kind to one another, tender-hearted,
and forgiving of each other,
just as God forgives you.**

What do you think this means?

“Kind words can be short and easy to speak, but their echoes are truly endless.”
Mother Teresa

“Kindness and politeness
are not overrated at all.
They’re underused.”
Tommy Lee Jones

“Wherever there is a
human being, there is an
opportunity for kindness.”
Lucius Annaeus Seneca

“Do things for people not because of
who they are or what they do in
return, but because of who you are.”
Harold S Kushner

“Sometimes it takes only one act of
kindness and caring to change a
person’s life.”
Jackie Chan

Thoughts on kindness

Which of the quotes do you like most?

Why is this?

Can you find a quote about kindness that you really like?

Acts of kindness & appreciation

How many of the acts have you already completed?

Which acts will you complete this week?

40 Acts of Kindness for Lent

Write down 10 things you are grateful for.	Say something nice to someone you know.	Recycle as much as you can for a week.	Find out about the life of someone less fortunate.	Leave your grown up a surprise thank-you note.	Help by doing jobs around the house.	Say thank you to five different people today.	Listen to someone carefully.
Offer to make a drink for someone else.	Congratulate someone when they do well.	Be the first to say sorry if you have a disagreement.	Save energy by turning things off if you're not using them.	Upcycle something you would have thrown away.	Follow instructions without complaining.	Find out about a local charity.	Hold the door open for someone.
Read something to an adult at home.	Compliment the person who cooked your dinner.	Clean your bedroom up without being asked.	Play with a toy or game you haven't used for a while – include others.	Find out three things that your adult liked doing as a child.	Let someone go ahead of you today.	Share something with someone else.	Create calendar with a special day for everyone in your family.
Think of five reasons why your life is good.	Draw a cheerful picture for someone else.	Do your homework without being reminded.	See things from a different point of view.	Ask your grown up how their day was.	Make a sandwich for someone in your family.	Tell your adult three reasons why you love them.	Ask your adult if they would like help with anything.
Only say nice things for the whole day.	Help your adult with an outside job (wash the car, sweeping etc)	Make a thank-you card for someone.	Sort out your toys – can you donate something to charity?	Allow someone to help you and say thank you.	Give someone the benefit of the doubt.	Answer 20 questions at http://www.freerice.com/	Remember how you felt when you were kind.

See if you can tick off all of these acts of kindness during Lent.

You only have to do one each day and you don't have to do them in order.

Think about how it makes you feel each time you do something kind for someone else.



Be Kind