

# Kindness, Good Deeds & Appreciation

Introduction: <https://youtube/-5-Zf0Kpl2A>

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<https://www.youtube.com/watch?v=8Wi0UWLeT9I>



# What do you think the moral, or meaning, of the story was?



# Possible morals might include...

Always  
Be kind.

*If you are kind to others,  
they'll be kind to you.*

*Think about others first.*

Kindness begets kindness.

# Why be kind to others?



# You may choose to be kind because...

- Someone really needs your help
- It is the right thing to do
- It makes you feel better about yourself
- You get a warm feeling inside
- Your kindness might be passed on

**How was the dog kind to the bird?**

**How did the bird repay the kindness?**

**How did both the dog and bird benefit from being kind?**

**Now watch this video about how kindness can be passed on:**

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



# Kind words...

Sometimes, just saying something kind makes an enormous difference.

It makes someone else feel better and it makes you feel better.

## **Proverbs 16:24**

**Kind words are like honey —  
sweet to the soul and healthy for the body.**

**What do you think this means?**

**What nice things  
could you say to  
someone today?**

# Appreciate what you have...

It is all too easy to think about what others have, without thinking about what you have already.

Often, what others have is not as good as you first think.

Think of 10 things you are grateful for. Now be kind: tell someone why you are grateful for them.

# **40 Acts of Kindness**

**Our challenge is to perform 40 acts of kindness during Lent. You can get a head start on this by starting now. Remember that you can do each act more than once!**

**See the next page for the 40 Acts of Kindness.**

# 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 <a href="http://www.ferice.com/">http://www.ferice.com/</a>	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**