

# GUIDANCE



**May 25-29**  
Topic: Acts of Kindness

We have all heard of “random acts of kindness”, but the best acts of kindness are ones that we do *on purpose* to help, or do something nice for someone.

## Gr. K-3

### Try some or all of the activities below:

Click [HERE](#) to test what you know about kindness. Share your choices for each slide with a family member

Listen to the following read aloud. [The Kindness Quilt](#)

**Reflection:** Talk about about how the bunnies showed kindness in the story with a family member?

**Activity:** Think of examples of how you can show kindness to others, safely. Draw some pictures of yourself doing something kind and [start your own kindness quilt.](#)

#### Additional Resources:

[Purposeful Acts of Kindness To Do With Your Family](#)  
[Extra Primary Kindness Read Alouds and Videos](#)

## Gr. 4-6

### Try some or all of the activities below:

**Activity:** Click [HERE](#) to sort kind and unkind scenarios.

Watch this video. [Life Vest Kindness Boomerang](#)

#### Reflections:

- How is kindness contagious? Reflect on what this means to you.
- “Kindness is a language the deaf can hear and the blind can see” Think about what this means to you.
- God put us here for a reason, why do you think He put you here? Discuss your thoughts with a family member, virtually or in person.

#### Additional Resources:

[Purposeful Acts of Kindness To Do With Your Family](#)  
[Extra Junior Kindness Videos](#)

## Gr. 7-8

Watch this video. [What is Kindness? - Teens Respond](#)

**Reflection:** Have a conversation with someone about the following questions and/or record your thoughts in a journal or notebook.

- What does kindness mean to you?
- Has there been anyone who has shown kindness to you? If so, how?
- How is love a part of kindness?
- Can coolness and kindness exist together?
- Why is it difficult to remember that other people have feelings too?
- How can you bring kindness into your community?

#### Additional Resources:

[Purposeful Acts of Kindness To Do With Your Family](#)  
[Extra Intermediate Kindness Videos](#)