



KINDNESS RESOURCES – JULY 2019

Throughout 2019, we will be sharing resource suggestions to explore the Fruits of the Spirit with children and young people. This month we look at Kindness.

Resources for children under 11



Fruit of the Spirit Song

A song introducing each of the fruits of the spirit. Lyric video available on Youtube.

<https://www.youtube.com/watch?v=X-hrxEjWxkE>



The Bible App for Kids – The Big Picnic

<https://bibleappforkids.com/>

This free mobile app helps children to explore the Bible through a selection of fun and interactive stories.

The feeding of the 5,000 is explored in the story of “The Big Picnic” which demonstrates how the kindness of one person (a child) made a huge difference.

The website contains a free church curriculum resource and companion resources for each of the stories. Follow the link below to view the full set of resources for The Big Picnic Story.

<https://bibleappforkids.com/parents/bible-story/2105/jesus-feeds-5000>



eBook – Camp Kindness (£7.99)

<https://thekindnesselves.com/pages/camp-kindness>

This downloadable resource contains lots of activities for children based on the theme of kindness. It includes crafts, story telling and acts of kindness suggestions. Camp kindness is split into 6 weeks, so is perfect for use over the summer holiday period. Aimed at children aged 3-8.



Kindness Jar

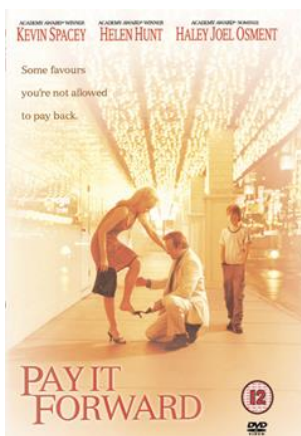
Why not create a kindness jar as a reminder to be kind to others?

Decorate a jar and then fill it with slips of paper with suggestions for random acts of kindness such as:

- Do something to make someone smile
- Pick up litter
- Thank someone with a gift

Encourage participants to come up with their own suggestions and add them to the jar. Put all suggestions in the jar and decide how often you will complete these acts of kindness. Take turns drawing an act of kindness from the jar and complete the suggestions as a group.

Resources for young people



Film - Pay It Forward (2000)

This film demonstrates how acts of kindness can change lives.

(Rating 12 – [BBFC Insight: Contains some moderate violence, language, drugs and sexual references](#))

A high school teacher sets his class an assignment to think of an idea to change the world for the better, then put it into action. One student's plan to "pay forward" favours takes off and spreads across America.

A study course considering some of the themes is available on the vision4life website. <http://www.vision4life.org.uk/wp-content/uploads/2010/11/pay-it-forward.pdf>



Kindness Cards – The School of Life

These resources are from a secular perspective and generally for adults but are not incompatible with a Christian stance and can be used with older teens or student age young people.

This box of "Kindness Cards" is useful for starting discussions with groups.

<https://www.theschooloflife.com/shop/kindness-prompt-cards/>



Dare to Care - Spoken Word by koko

<http://www.thekokostory.com/>

This Spoken word video explores how we can change the way we treat others and develop a habit of kindness. Useful as a tool for reflection and

to start discussions with groups of young people. Click the link below to view video. <https://www.youtube.com/watch?v=enb4QE8hpbQ>.

Meg Cannon from koko (Keep on keeping on) has also written a blog "Five ways to encourage kindness in your youth and children's groups" for youth and children's work magazine. <https://www.youthandchildrens.work/Read/Blog/Five-ways-to-encourage-kindness-in-your-youth-and-children-s-groups>