



Kindness



Prayer

O God, my God! Aid Thou Thy trusted servants to have loving and tender hearts. Help them to spread, amongst all the nations of the earth, the light of guidance that cometh from the Company on high. Verily, Thou art the Strong, the Powerful, the Mighty, the All-Subduing, the Ever-Giving. Verily, Thou art the Generous, the Gentle, the Tender, the Most Bountiful.

('Abdu'l-Bahá, Baha'i Prayers, p. 173)

Quotation

A kindly tongue is the lodestone
of the hearts of men.

(Baha'u'llah, Epistle to the Son of the Wolf, p. 15)

Discuss the Spiritual Quality

Kindness is caring about everyone and everything around you. It is understanding that everything was created by God and deserves to be treated with love and respect. Being kind is having consideration of others and putting their welfare above your own. When we practice kindness we give special care to those in need.

Discuss the Spiritual Quality (cont.)

- What does Kindness look like?
- How do you show Kindness to your family? To your friends?
- How do you feel when someone shows you Kindness?

Story



Booklet Page 1

Kindness is showing you care about the people and the world around you.



Booklet Page 2

When we are kind, we do things to bring happiness to others.



Booklet Page 3

If we see someone needs help or feels sad, we show kindness by finding a way to help them or make them feel better.



Booklet Page 4

When we practice kindness, we love people for who they are, even if they may be different or think differently than us.



Booklet Page 5

Being kind means we do our very best to treat people, animals, and the earth with the utmost consideration and respect.



Booklet Page 6

Kindness comes when we remember that all things in the world were created by God and therefore deserve to be treated kindly.



Kindness

Share, share, share each day

Morning, noon and night

Let kindness fill your heart

With love happiness and light

I Think You're Wonderful

I think you're wonderful when somebody says
that to me

I feel wonderful, as wonderful can be

It makes me want to say the same thing to
somebody new

And by the way I've been meaning to say

I think you're wonderful too

Activity

Let's all practice Kindness!