



Kindness: Getting Started

Inspiring Words

Educate the children in their infancy in such a way that they may become exceedingly kind and merciful to the animals. If an animal is sick they should endeavor to cure it; if it is hungry, they should feed it; if it is thirsty, they should satisfy its thirst; if it is tired, they should give it rest.

(Abdu'l-Baha, Baha'i World, p. 374)

Printables

Page 1: Spiritual Treasure Box Projects
Page 2: Devotional
Page 3: Booklet
Page 4: Radiant Hearts Book Template
Page 5: Monthly Letter Template
Page 6: Daily Activity #14
Page 7: Daily Activity #15
Page 8: Daily Activity #19

See the "Printable" document for these pages.

Questions to Consider

How do I currently model Kindness?

What are ways I would like to model Kindness better?

How does my child currently exhibit Kindness?

What aspects of showing Kindness can I help my child work on?





Radiant Hearts

Kindness: Foundation

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)

Kindness

Quotation

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

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

Kindness

Introduction to the Virtue

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.

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?

Kindness

Songs

Kindness

(Nabil H., *Virtues In Us* #31)

Share, share, share each day

Morning, noon and night

Let kindness fill your heart

With love happiness and light

Kindness

I Think You’re Wonderful

(Red Grammer, *Teaching Peace* #4)

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

Kindness

Kindness: Daily Activities

Activities for Every Month

1. Spiritual Treasure Box project (prayer).	2. Assemble the booklet.	3. Make a Monthly Letter.
4. Spiritual Treasure Box (quotation).	5. Make Radiant Hearts Book page.	6. Add a jewel to the Crown of Virtues.

Games and Role Plays

7. "Today we're going to practice using Kind Hands." Take turns holding your bare arms out and gently caressing each other. You may like to try hands, feet, and even faces. When we are kind and tender to each other, we enjoy each other's company and feel safe and loved. Imagine how different this feels than having someone touch you roughly. Kindness is treating each other gently. Kindness
8. "Today we're going to practice being kind to animals." If you have a pet, talk about how the family takes care of it by feeding it, giving it a warm place to sleep, and playing nicely. If you do not have a pet, pretend with a stuffed animal. Animals cannot talk so we must look closely to see what they need. When we are kind, we consider the feelings of others and do what we can to make them happy. Kindness
9. "Today we're going to learn about what it means to be kind to strangers." When we see someone we do not know we can act kind by acknowledging them with our eyes, smiling, and sometimes saying a few words. Role play with a puppet walking by someone in the street, buying something in a shop, or having someone visit your home. Practice having a friendly face and using kind words. Kindness
10. "Today we're going to think about what it means to speak sweetly." When someone says kind things, sometimes we say they are speaking sweetly. Sprinkle a bit of sugar or dab a bit of honey onto your child's tongue, and ask them to imagine this sweetness as their words. Would they like to share this sweetness with other people? When we speak kindly, our words are sweet to the heart. Kindness
11. "Today we're going to practice showing kindness by sharing." Put a plate of food in the middle of everyone and explain that you will all be sharing a snack today. You may like to assign the role of giving out the food to one child. Help them divide the food among everyone equally. When we share, people feel cared for. Kindness
12. "Today we're going to learn about what it means to encourage others." Encouraging others is a way to show kindness. When you see someone working hard or doing something nice, you can offer encouraging words. Practice giving high fives and saying things like, "Thanks for spreading happiness today!" Kindness
13. "Today we're going to play Kiss the Baby." Talk about how babies are especially delicate and need special care. Take turns holding and kissing a baby doll, using gentle hands and soft voices. We must be kind to those smaller than us. Kindness

Kindness: Daily Activities (continued)

Creative Arts

<p>14. "Today we're going to learn a poem about a pitcher of water to show how we must be kind to ourselves which helps us show kindness to others." Learn the poem on page 6 of the Printables which shares how we must fill up our own selves with love in order to share our love with others. Love is the source of kindness. You may like to practice pouring water to illustrate the concept in the poem further. Kindness</p>
<p>15. "Today we're going to make a jar for Random Acts of Kindness." Decorate a jar with smiley faces to show that people feel happy when others are kind. Cut out the strips on page 7 of the Printables and put them in the jar. Select a few to do over the next few days, and talk about how we can show kindness to any one at any time. Everyone deserves kindness. Keep the jar accessible to your child to use. Kindness</p>
<p>16. "Today we're going to make a poster to remind us to be kind even when we are upset." Write at the top of a poster "When we are kind we have more fun together." Brainstorm ideas you can use for times when someone may be frustrated or sad about something which are positive alternatives to being unkind. Draw the pictures (such as taking deep breaths, drawing a picture, running a few laps around the house, getting a drink of water) and label them. You may also want to draw and label the reactions which are unkind (yelling, hitting, saying mean things) with circles around them and a cross through them so it is clear they are not acceptable. Kindness</p>
<p>17. "Today we're going to draw a picture about being kind to the elderly." Elderly people have lived a long time and have a lot of wisdom to share with us. Their bodies are sometimes tired and achy because they are old, and we can be kind to them by offering them a chair, serving food to them, and helping them with jobs. Draw a picture about how you can be kind for an elderly person you care about. Kindness</p>
<p>18. "Today we're going to create a picture about being kind to the earth." Draw a picture of your house and/or your family, and objects around you that show the ways you are kind to the earth. You may like to include recycling, not littering, eating local produce, buying products made from natural materials, purchasing material possessions in moderation, and using reusable goods. Label this picture "In my family (or house) we choose to be kind to the earth." Kindness</p>
<p>19. "Today we're going to decorate a page about different ways we can be kind to ourselves." Have your child draw a picture of themselves in the middle of page 8 of the Printables. Discuss the ways they can be kind to themselves listed. Kindness</p>

Visit the Online Lesson where you can see example photos of the daily activities, listen to the songs, and download the "Printables" document for this lesson:

<http://www.enablemetogrow.com/kindness/>