

Cut out a large heart out of colored paper and paste the prayer in the middle. Paste the other pictures of people having “loving and tender hearts” around the 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.

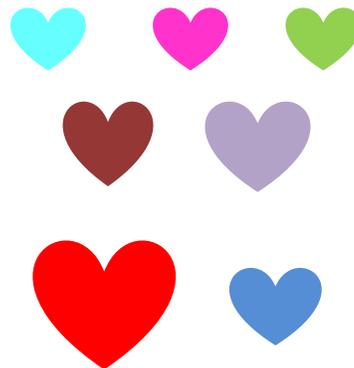


- 'Abdu'l-Bahá



A “lodestone” is something that acts like a magnet, “a person or thing regarded as a focus of attraction.” You may like to show your child a real magnet and how it attracts things to it. Cut out the magnet (which is the kindly tongue) and paste it onto another piece of paper. Cut out the hearts and paste them as if they are being attracted to the magnet. Paste the quotation on the back.

A kindly tongue is the lodestone of the hearts of men.
-Baha'u'llah



Devotional on Kindness

This is the Day whereon the Ocean of God's mercy hath been manifested unto men, the Day in which the Day Star of His loving-kindness hath shed its radiance upon them, the Day in which the clouds of His bountiful favor have overshadowed the whole of mankind. Now is the time to cheer and refresh the down-cast through the invigorating breeze of love and fellowship, and the living waters of friendliness and charity.

(Baha'u'llah, *Gleanings from the Writings of Baha'u'llah*, p. 7)

Wherefore must the loved ones of God associate in affectionate fellowship with stranger and friend alike, showing forth to all the utmost loving-kindness, disregarding the degree of their capacity, never asking whether they deserve to be loved. In every instance let the friends be considerate and infinitely kind.

(Abdu'l-Baha, *Selections from the Writings of Abdu'l-Baha*, p. 24)

Briefly, it is not only their fellow human beings that the beloved of God must treat with mercy and compassion, rather must they show forth the utmost loving-kindness to every living creature.

(Abdu'l-Baha, *Selections from the Writings of Abdu'l-Baha*, p. 158)

Let them purify their sight and behold all humankind as leaves and blossoms and fruits of the tree of being. Let them at all times concern themselves with doing a kindly thing for one of their fellows, offering to someone love, consideration, thoughtful help.

(Abdu'l-Baha, *Selections from the Writings of Abdu'l-Baha*, p. 1)

O ye beloved of the Lord! The Kingdom of God is founded upon equity and justice, and also upon mercy, compassion, and kindness to every living soul. Strive ye then with all your heart to treat compassionately all humankind...

(Abdu'l-Baha, *Selections from the Writings of Abdu'l-Baha*, p. 158)

No soul should be hated, none neglected; nay, rather, their very imperfections should demand greater kindness and tender compassion.

(Abdu'l-Baha, *The Promulgation of Universal Peace*, p. 315)

My Book About Kindness

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

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

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

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

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

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



Kindness

A kindly tongue is the
lodestone of the hearts of men.
-Baha'u'llah

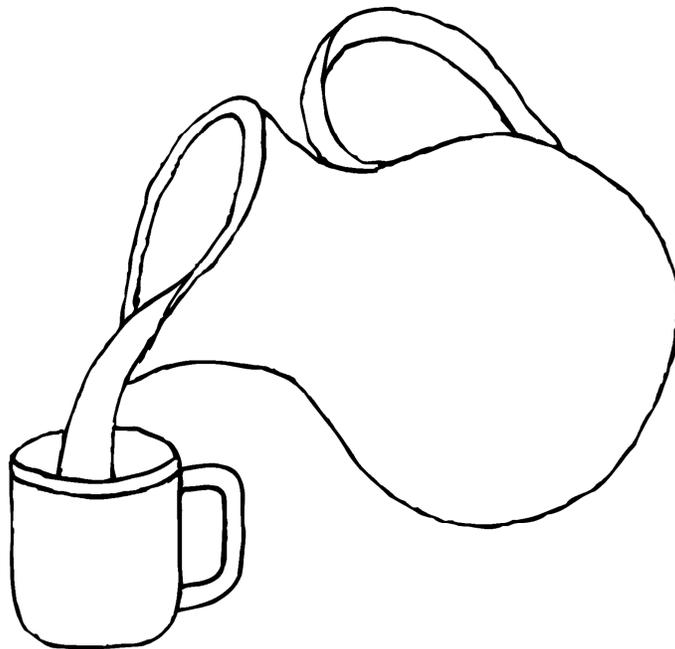
This month our family is learning about Kindness.

A kindly tongue is the
lodestone of the hearts of men.
-Baha'u'llah

Date:

Pitcher of Love

Every day when I wake up
There's something I must do
I say prayers to guide my day
Is this what you do too?
Praying fills my heart with joy
God gives endless love to me
When I have so much love
I can share it with all I see
Just like a pitcher of water
Once it's all filled up
It can pour water out
To every single cup



When we are kind to ourselves and allow ourselves to receive God's love, our hearts are filled with love that we can share with others. Love is the source of kindness.



Give a hug.



Get a snack for someone.



Tell someone you love them.



Ask someone how you can help them.



Give someone some encouragement.



Give a high five.



Tell someone what you appreciate about them.



Smile at someone.

I Show Kindness to Myself

I give myself
time to say
my daily
prayers.

I take a break
when I need to.

I take care
of my body
by eating
healthy
food.

I forgive
myself
when I
make
mistakes.

I open my
heart to
receive
the love
of God.

I ask
for help
when I
need it.

I believe
in
myself.

I respect
myself as a
beautiful
creation of
God.

I accept
challenges as
opportunities
to grow.

I make sure
my body gets
enough sleep
and rest.

I surround myself
with friends who
are kind to me.