



INTRODUCTION

A little bit of kindness can change the world!

When you use this journal you are starting an adventure that could lead just about anywhere. Sometimes it seems like being kind all the time is a really hard thing. True, it's not always easy, but this journal can help make it less complicated and more fun!

In this journal we have a list of Kindness Habits, as well as Kindness Challenges in three categories:



KINDNESS HABITS

Each month you'll be given a different Kindness Habit. See if you can keep the habit for the whole month!

KINDNESS CHALLENGES

Then you'll select a challenge from each category, and put the sticker in its place on the page. Plan how you are going to accomplish your challenges (acts of kindness). Maybe it's by yourself or maybe in a group. There are some great ideas online if you need to spark your creative juices.

Once you have completed each challenge, take a few minutes to think about it. Answer the questions in the journal pages for each month. What difference are they making in you and the world around you?

Be kind, creative and have fun!



KINDNESS HABITS

- 1** Reply to negative comments from others with a positive one.
- 2** Avoid interrupting others and say “sorry” when you do.
- 3** Practise saying “please” and “thank you” throughout your day.
- 4** Say something you like about every meal.
- 5** Say “excuse me” when you bump others, even if it’s not your fault.
- 6** Help clean up after meals.
- 7** Wait patiently for your turn in line. Don’t try to push your way to the front.
- 8** Ask an adult to tell you about their day.
- 9** Make eye contact and listen when others talk to you.
- 10** Hold open the door for the person behind you.
- 11** Smile and say, “nice to meet you” when you meet someone.
- 12** Pay attention to others’ feelings. If someone looks sad, ask them why and see if you can help.

KINDNESS CHALLENGES



KIND TO SELF

- Sing or dance along to your favourite music
- Watch your favourite funny movie
- Get 9-12 hours of sleep so you feel ready for the day
- Do your favourite outdoor activity that gets your body moving
- Draw a picture for yourself to hang in your room
- Spend time with someone you love
- Every day, write down one thing you like about yourself.
- Re-read your favourite book
- Eat vegetables and healthy foods
- Go for a walk and try to identify the sounds you hear
- Make silly faces in the mirror to make yourself smile
- Practise something you would like to get better at



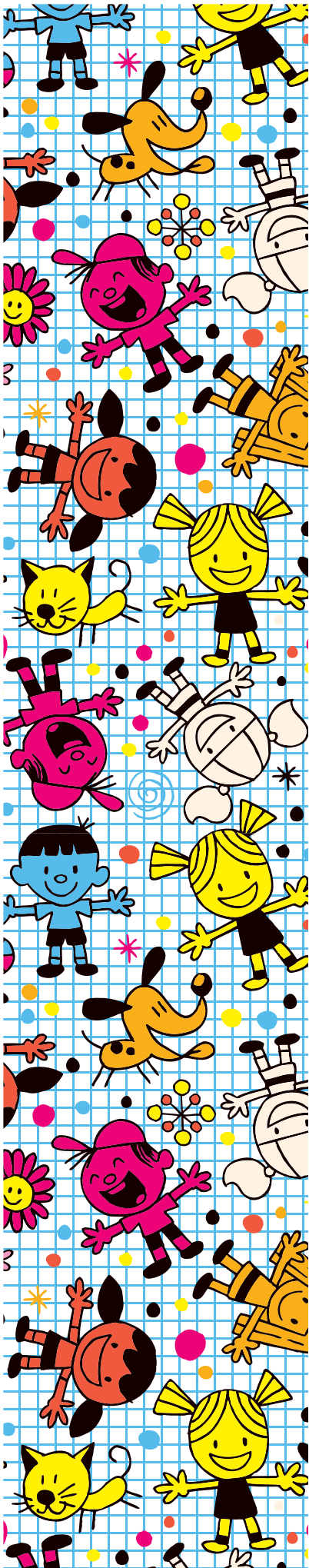
KIND TO OTHERS

- Help run a food drive and donate to a local food shelf/bank
- Write letters to Armed Forces members overseas
- Share a riddle or a joke
- Make a favourite treat for a family member
- Pack extra snacks to share at lunch
- Volunteer at a place that supports a cause you care about
- Visit an elderly person and ask them about their childhood
- Collect used books to donate to a charity or library
- Call a relative or send them a letter
- Plan a little party for someone you know, just because
- Offer to do someone else's chores
- Send "get well" messages to a local hospital
- Happily share your toys while playing with others (don't argue)
- Clean & donate toys you have outgrown to a younger child



KIND TO THE EARTH

- Use both sides of a piece of paper before getting a new one
- Have a screen free day
- Unplug electronic chargers when they are not in use
- Use recycled items to make an art project
- Bring your own bags to the grocery store
- Make a homemade bird feeder to hang outside
- Plant a tree (or your own potted plant indoors)
- Turn off lights and electronics when not in use
- Use reusable cloth napkins instead of disposable ones
- Reuse old items - weave a bracelet out of an old shirt
- Go for a nature hike and enjoy the world around you
- Use a refillable water bottle
- Pick up litter you see on the ground (use gloves)
- Weed the garden (or help at a community garden with family)



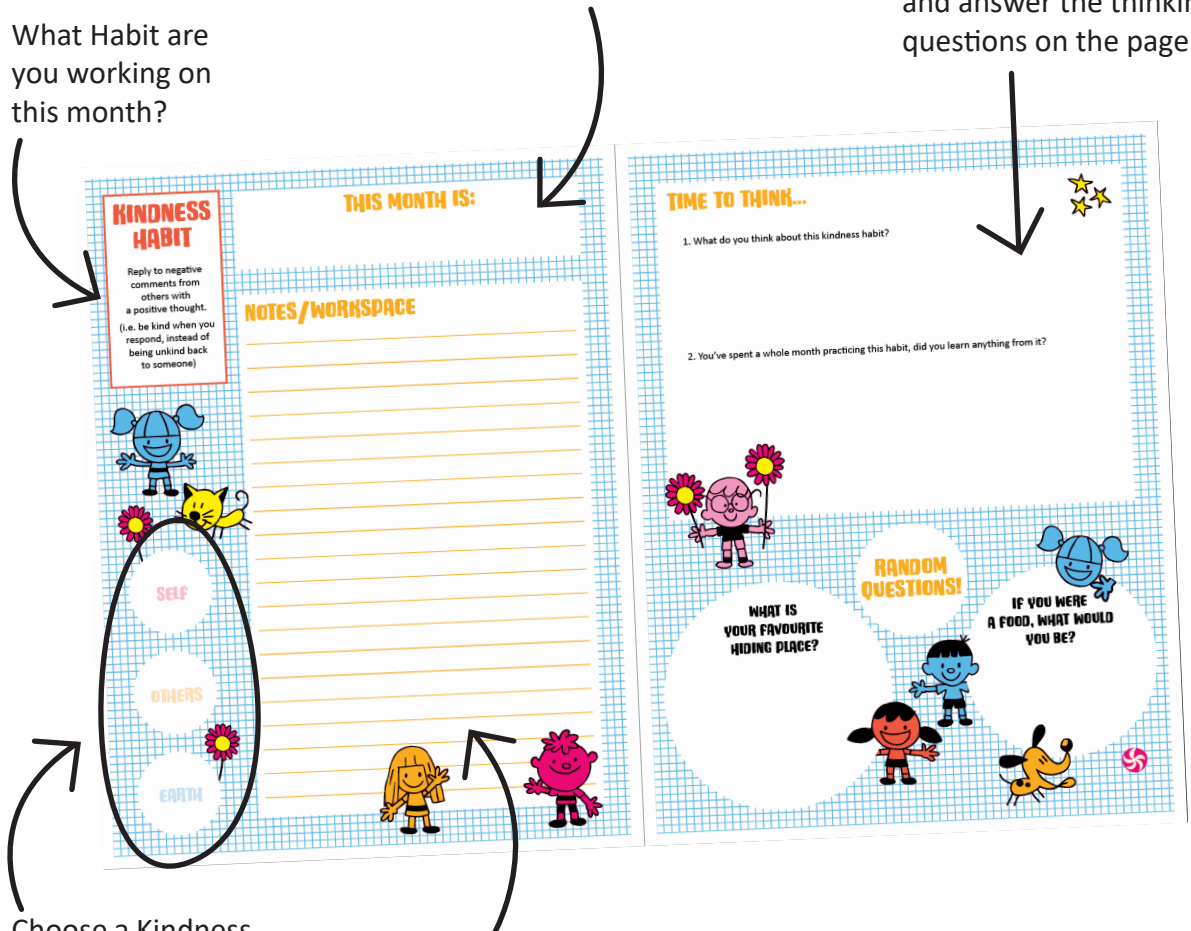


THEREFORE
AS GOD'S CHOSEN PEOPLE
HOLY AND DEARLY LOVED,
CLOTHE YOURSELVES WITH
COMPASSION,
>> KINDNESS <<
HUMILITY,
GENTLENESS AND PATIENCE.

Colossians 3:12 (NIV)

INSTRUCTIONS

- 1** Find this month's pages. Write the month in the box at the top.
- 2** What Habit are you working on this month?
- 3** Choose a Kindness Challenge from each category and put the stickers on the page in your journal.
- 4** Use the note space to think about and plan what you will do.
- 5** Afterwards, think about your acts of kindness and answer the thinking questions on the page.



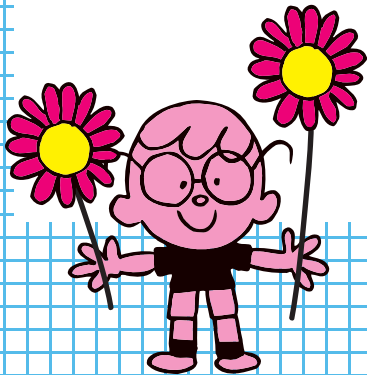
You can also colour, read stories of kindness and Bible verses, write lists of ideas, and answer random fun questions all about you!

TIME TO THINK...



1. What do you think about your first Kindness Habit?

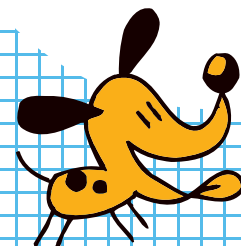
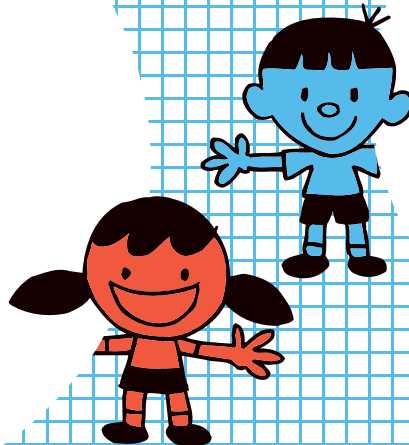
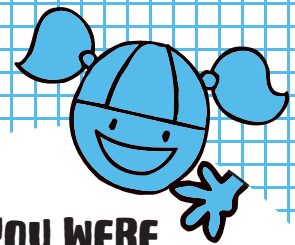
2. You've spent a whole month practicing this Habit, did you learn anything from it?

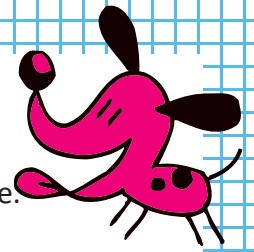


RANDOM QUESTIONS!

**WHAT IS
YOUR FAVOURITE
HIDING PLACE?**

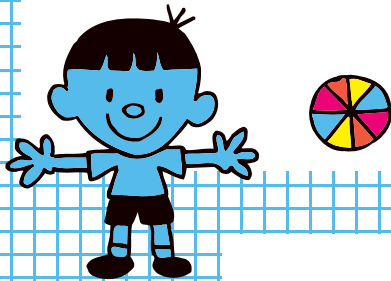
**IF YOU WERE
A FOOD, WHAT WOULD
YOU BE?**



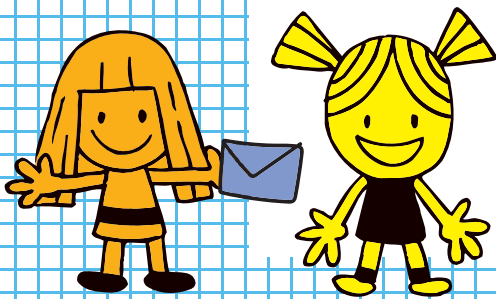


TIME TO THINK...

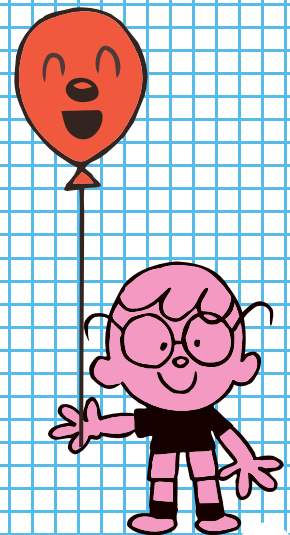
1. Share how someone reacted to your Kindness Challenges. Use words or draw a picture.



2. Did your Kindness Challenges make a difference?



3. List or draw other ways you can show kindness to someone this month.



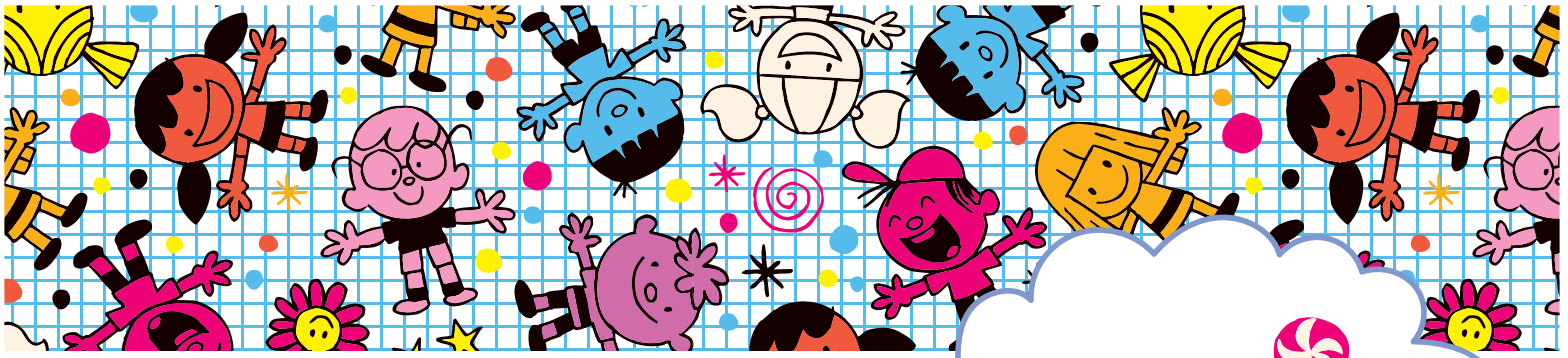


KINDNESS LIST ONE

Write or draw all the things that RELAX you or make you HAPPY
(ways you can be kind to yourself).

DON'T USE FOUL OR ABUSIVE LANGUAGE.
LET EVERYTHING YOU SAY BE GOOD AND
HELPFUL, SO THAT YOUR WORDS WILL BE AN
ENCOURAGEMENT TO THOSE WHO HEAR THEM.

Ephesians 4:29 (NLT)



STORIES OF KINDNESS



My dad volunteered at my school canteen sometimes. It was winter, so it was cold and they had hot chocolate for sale just for the older kids. But my dad brought me over a cup anyway.

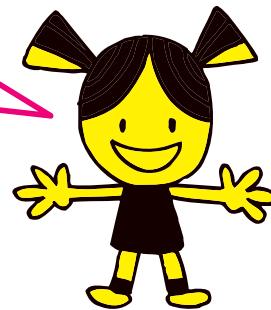
It made me feel special.

(Thomas, 9)

I was a camp cabin leader for girls ages 13-14 in Ontario, Canada. Each week, we had a new group of awesome kids, but I remember this one time we were hanging out, one of them made an origami rose out of folded paper. And then she gave it to me!

It was a nice surprise, especially since it was pretty detailed, and took her some time.

(Katie, 24)

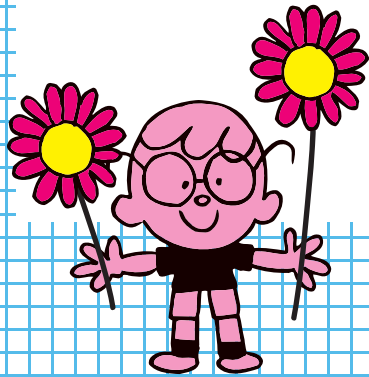


TIME TO THINK...



1. Which was the hardest Kindness Challenge to do this month? Why?

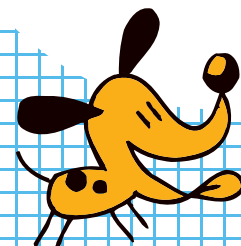
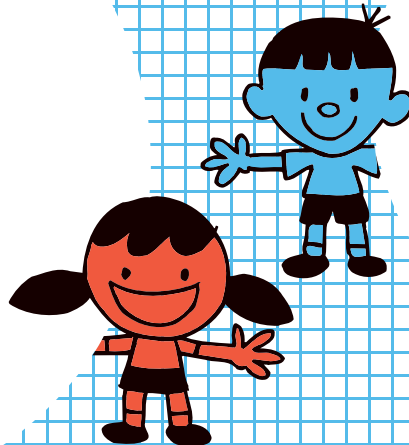
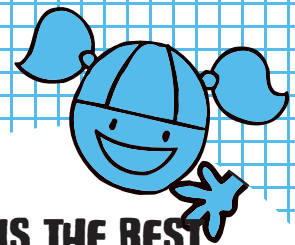
2. How did you feel when you finished your challenges? Use words or draw a picture.

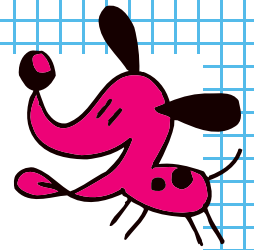


**DRAW A
CARTOON CHARACTER
TO DESCRIBE YOUR
ATHLETIC ABILITY:**

**RANDOM
QUESTIONS!**

**WHAT IS THE BEST
PRESENT YOU'VE EVER
RECEIVED?**



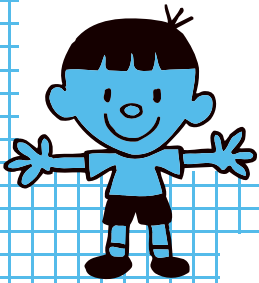


TIME TO THINK...

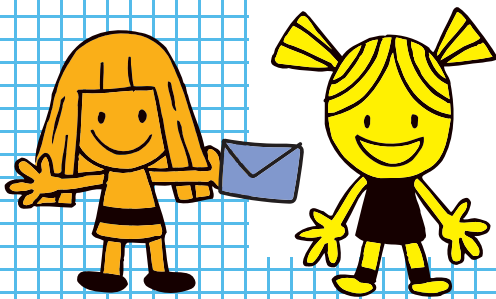
1. What did you choose for Kind to the Earth?

Was it easy to do?

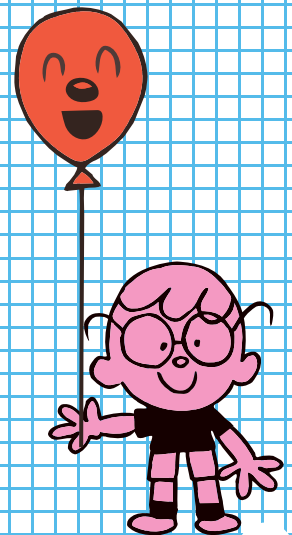
2. What would our world be like if everybody did that every day?



3. Draw a picture of the Earth now and what you would like it to be in the future.



4. How can you help make your picture a reality?





KINDNESS LIST TWO

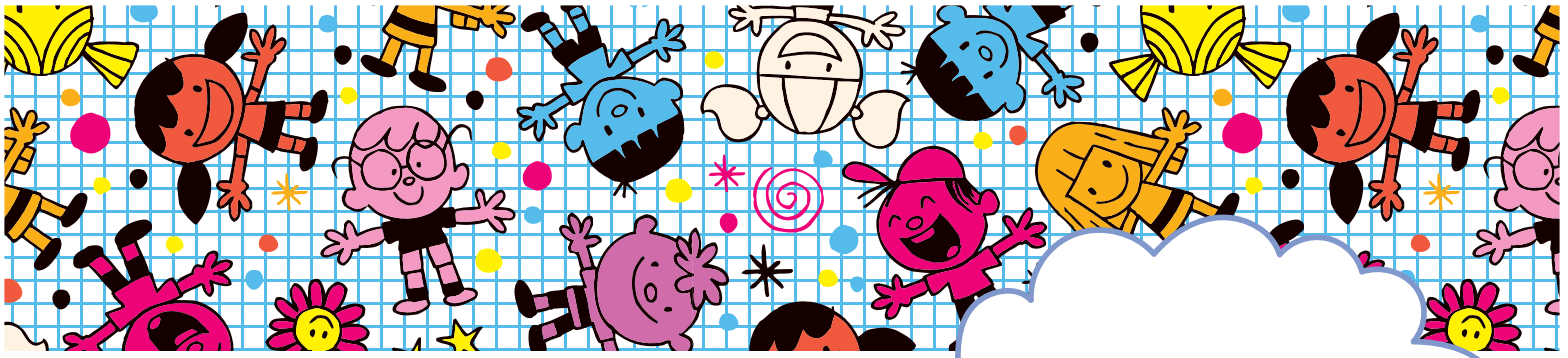
Write or draw all the ways you could be kind to someone with your WORDS.

**BUT THE HOLY SPIRIT PRODUCES THIS KIND OF
FRUIT IN OUR LIVES: LOVE, JOY, PEACE, PATIENCE,**

>> KINDNESS <<

GOODNESS, FAITHFULNESS...

Galatians 5:22 (NLT)



STORIES OF KINDNESS



Once when I was going home from school, I accidentally fell off my bike when I rode over a hole in the ground. It was just outside the school and it was a little bit embarrassing that so many people saw me crash. I wasn't too badly hurt, but a girl in my grade helped me with bandaids for my scrapes.

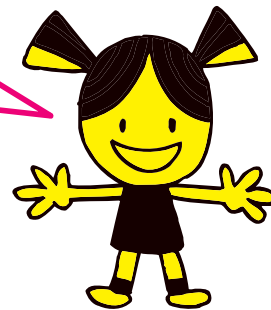
I didn't expect her to do that, since we weren't close friends. And nobody laughed, which was nice as well.

(Stephanie, 10)

Our church cleans up garbage around the neighbourhood one Sunday each month.

My little brother and I asked if we could help too. So now each time the church does neighbourhood clean-up my dad, my brother and I help pick up garbage. We love helping the neighbourhood look clean and friendly.

(Rebekah 8, Peter 6)

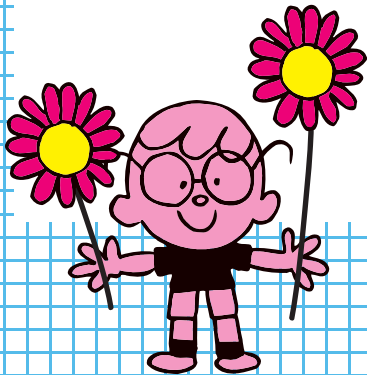


TIME TO THINK...



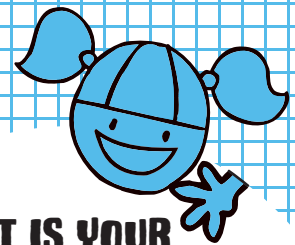
1. How do you think your acts of kindness are making a difference to the people around you?
Use words or draw a picture.

2. How do they make you feel?

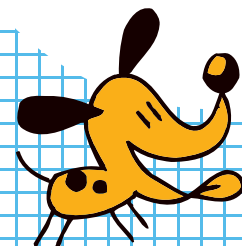
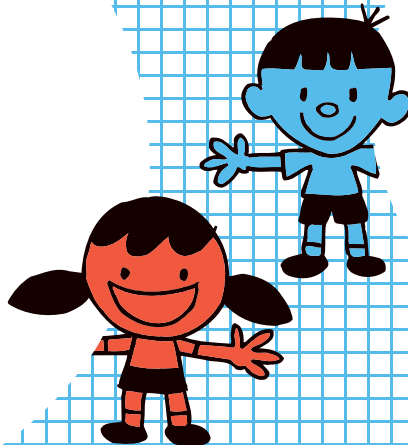


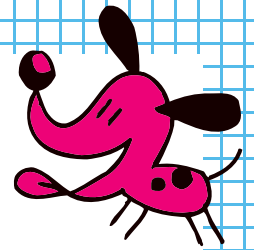
**WHAT DOES
YOUR 'HAPPY DANCE'
LOOK LIKE?**

**RANDOM
QUESTIONS!**



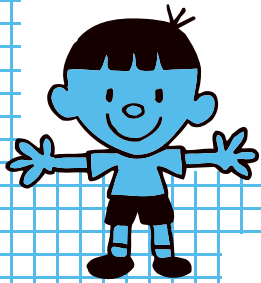
**WHAT IS YOUR
FAVOURITE SEASON?**





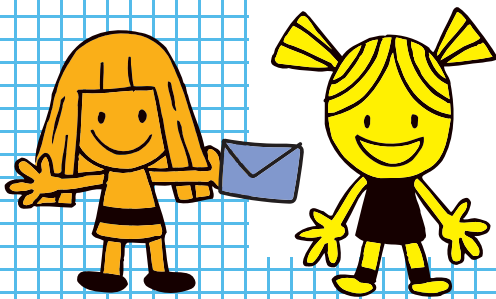
TIME TO THINK...

1. Do you find being kind easy all the time?

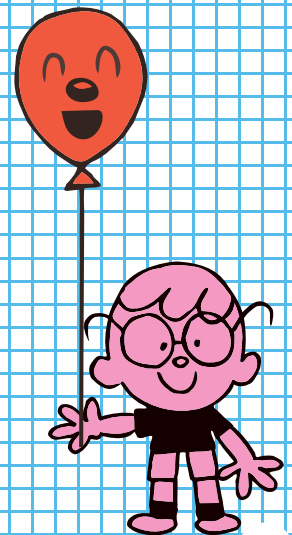


2. What was the hardest thing about being kind this month?

3. Why do you think it was hard?



4. What is something you could do that would make it easier?





KINDNESS LIST THREE

Write or draw all the ways you could be kind to someone at SCHOOL.

BE KIND,
COMPASSIONATE,
AND FORGIVING TO EACH OTHER,
IN THE SAME WAY GOD FORGAVE YOU IN CHRIST.

Ephesians 4:32 (CEB)

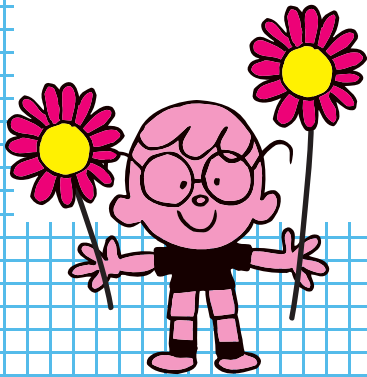
TIME TO THINK...



1. How were you Kind to Others this month?

2. How did they respond?

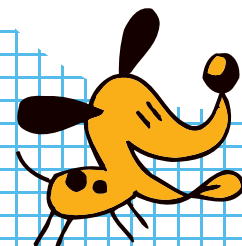
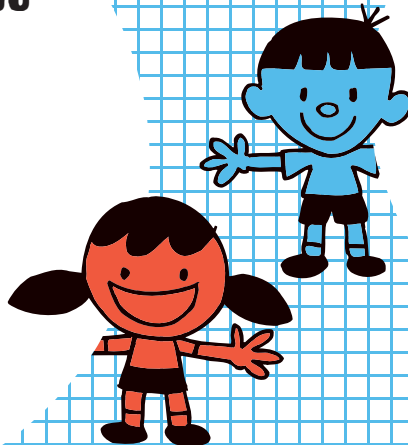
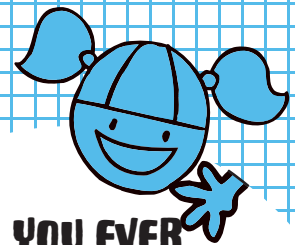
3. How did you feel?



RANDOM QUESTIONS!

**IF YOU HAD
TO BURY TREASURE
TODAY, WHAT WOULD YOU
BURY? AND WHERE?**

**HAVE YOU EVER
PLAYED THE BONGOS?**



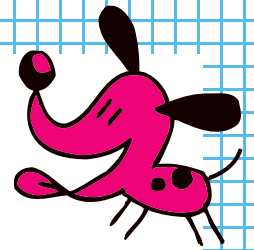


KINDNESS LIST FOUR

Write or draw all the ways that you could be kind to someone
in your NEIGHBOURHOOD.

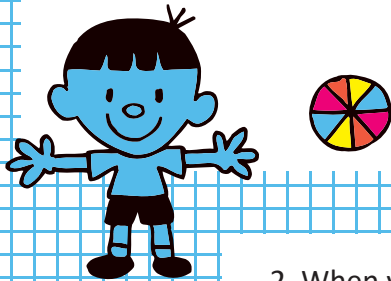
**WE PROVE OURSELVES BY OUR PURITY,
OUR UNDERSTANDING, OUR PATIENCE,
OUR KINDNESS, BY THE HOLY SPIRIT
WITHIN US, AND BY OUR SINCERE LOVE.**

2 Corinthians 6:6 (NLT)

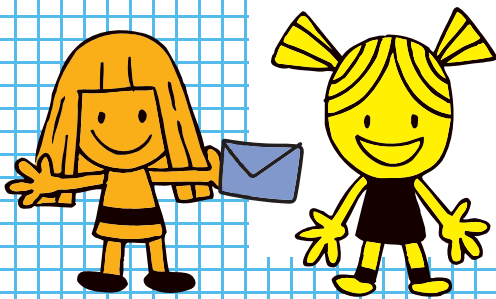


TIME TO THINK...

1. Have you noticed other people being kind too? Write or draw some examples:

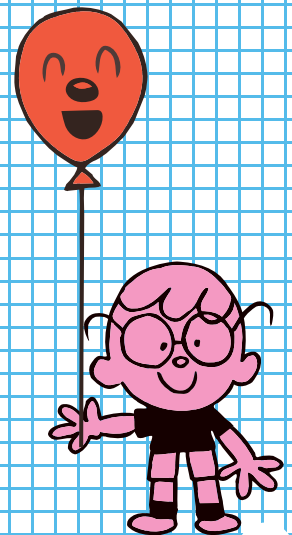


2. When you see others being kind, how does it make you feel?



3. Did you see people being unkind to others?

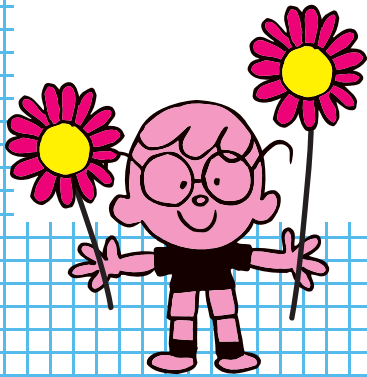
4. How did you feel about that?



TIME TO THINK...



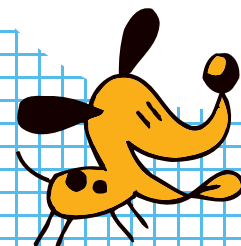
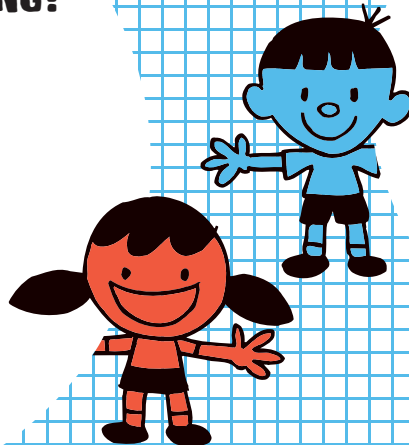
1. How were you kind to yourself this month?
2. How did that make you feel?
3. Why do you think being kind to yourself is important?



**HOW LONG
DO YOU THINK YOU
COULD GO WITHOUT TALKING?**

**RANDOM
QUESTIONS!**

**WHAT IS YOUR
FAVOURITE SOUP?**



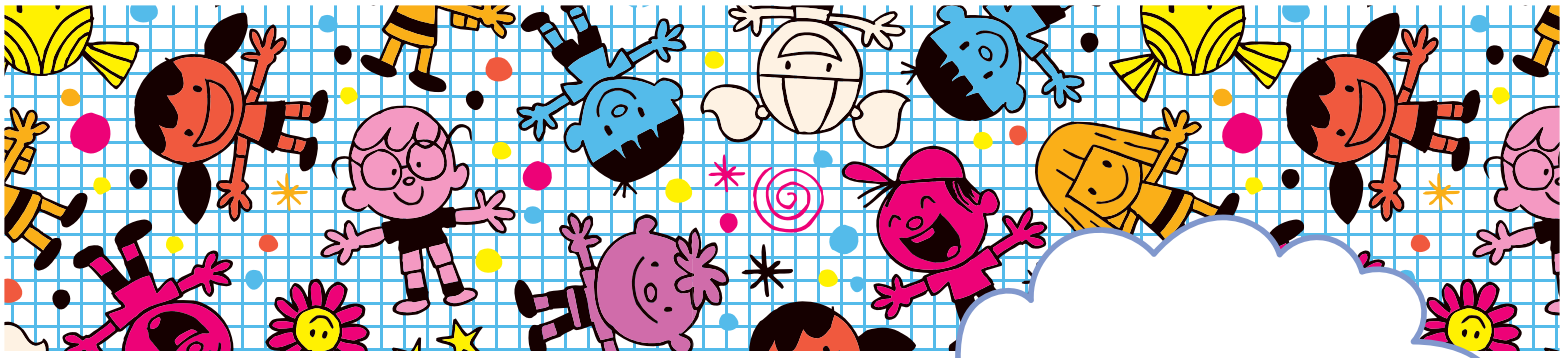


KINDNESS LIST FIVE

Write or draw all the ways you could be kind to someone in your FAMILY.

"I TELL YOU, LOVE YOUR ENEMIES. HELP AND GIVE WITHOUT EXPECTING A RETURN. YOU'LL NEVER – I PROMISE – REGRET IT. LIVE OUT THIS GOD-CREATED IDENTITY THE WAY OUR FATHER LIVES TOWARD US, GENEROUSLY AND GRACIOUSLY, EVEN WHEN WE'RE AT OUR WORST.

Luke 6:35 (MSG)



STORIES OF KINDNESS



Last summer my family did the Prayer Run. We went to our local park and said thank you to God for things in nature like trees and flowers, and the playground.

Before we left we picked up garbage and put it in the trash can.

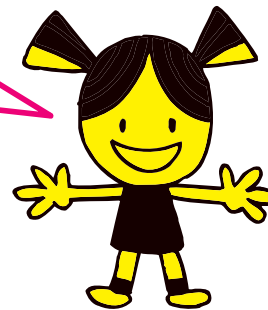
(Sam, 7)

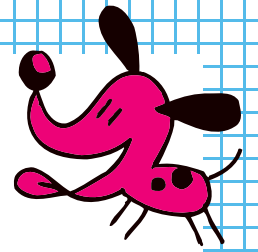
I have pet rabbits.

They usually eat pellets for food, but I like to give them fresh lettuce as a special treat. So I went to the back of my grocery store and asked if they had any lettuce they could give me for my rabbits.

The man said he had lettuce leaves that didn't look nice and he pulled them off the heads of lettuce. He put them in a bag and gave them to me.

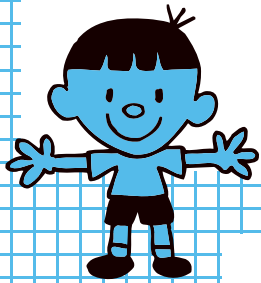
(Valerie, 7)



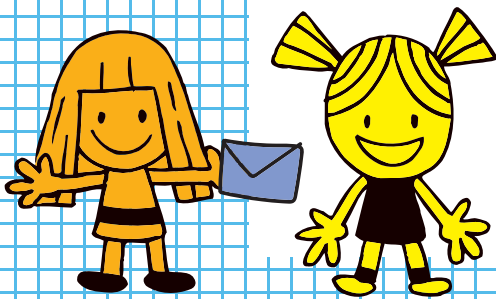


TIME TO THINK...

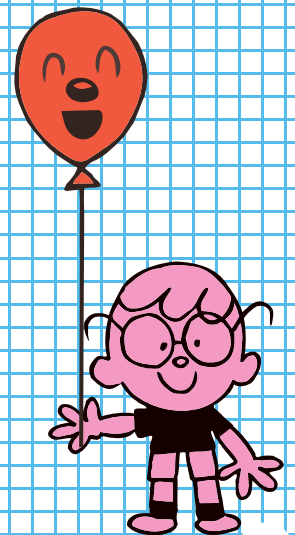
1. What do people say when you do your Kindness Challenges?



2. How do you feel when that happens?



3. How can you encourage others to be kind?



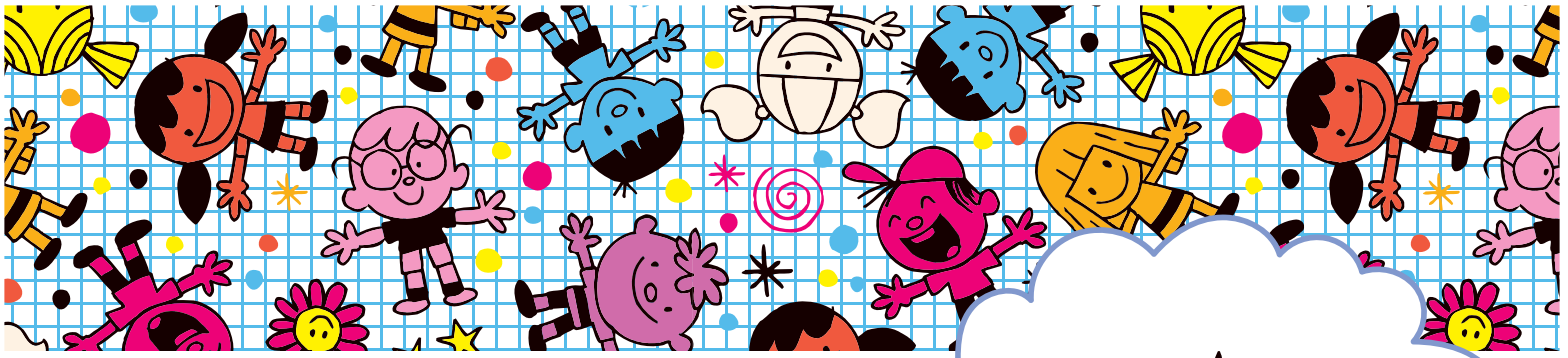


KINDNESS LIST SIX


Write or draw all the ways you feel when someone is kind to YOU.

**THEREFORE,
WHENEVER WE HAVE THE OPPORTUNITY,
WE SHOULD DO GOOD TO EVERYONE
- ESPECIALLY TO THOSE IN THE FAMILY OF FAITH.**

Galatians 6:10 (NLT)



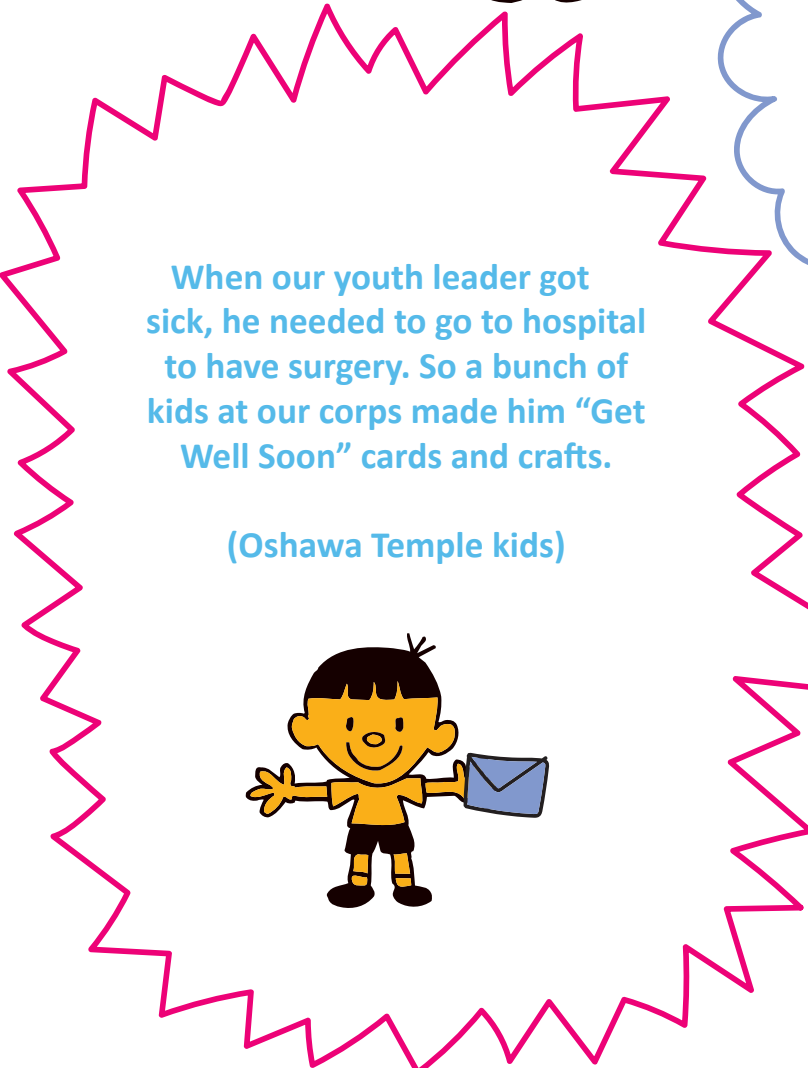
STORIES OF KINDNESS



We were making messages in a bottle at VBS and one of the leaders said he had never received a message in a bottle.

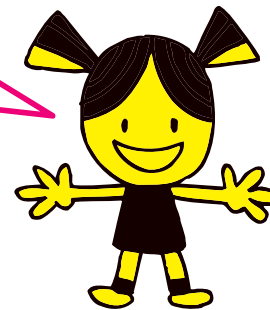
Three of the campers made him a bottle because they knew it would make him happy.

(Bermuda VBS kids)



When our youth leader got sick, he needed to go to hospital to have surgery. So a bunch of kids at our corps made him "Get Well Soon" cards and crafts.

(Oshawa Temple kids)



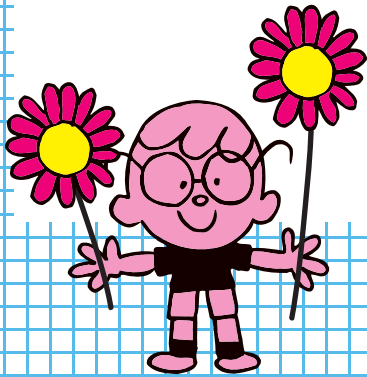
TIME TO THINK...



1. People don't always recognize or thank us for our kind acts. Did you do anything kind this month that no one noticed?

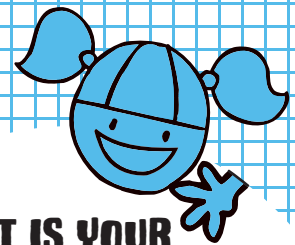
2. How did that make you feel?

3. How can you be more aware of the kind things other people do?

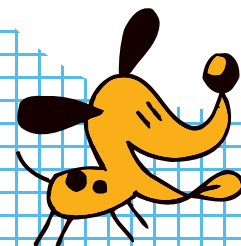
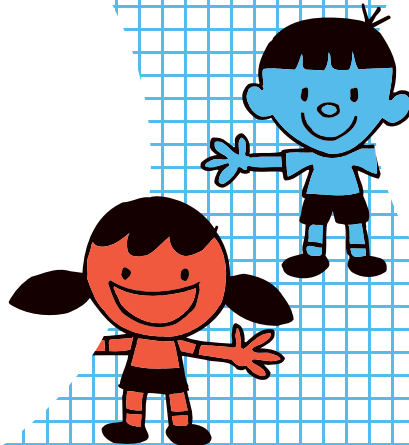


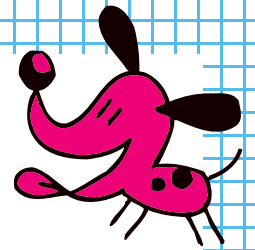
**HAVE YOU
EVER MILKED A COW?
WOULD YOU TRY IT?**

**RANDOM
QUESTIONS!**



**WHAT IS YOUR
FAVOURITE DAY OF
THE WEEK?**

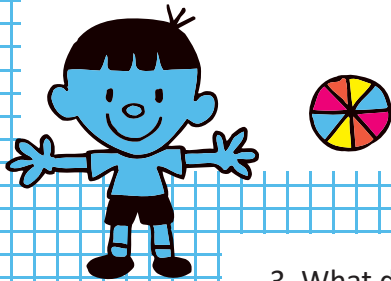




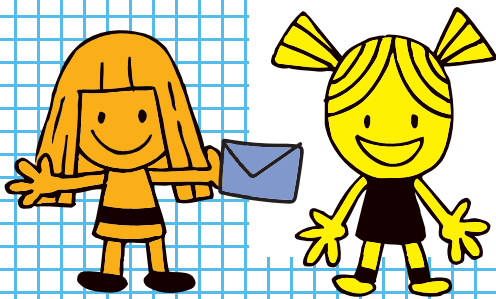
TIME TO THINK...

1. What was your favourite Kindness Challenge this month?

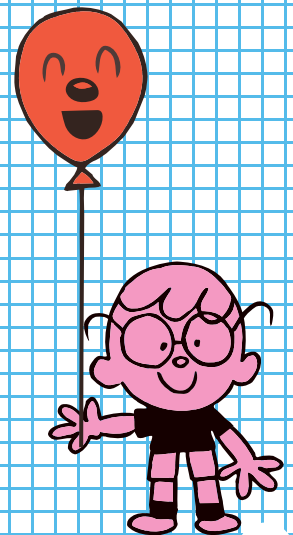
2. Why?



3. What did you learn about other people as you did your acts of kindness?



4. Why is it important to pay attention to other people's feelings?





YOUR YEAR IN REVIEW

1. Do you notice a difference in the way you talk, act, think and feel compared to when you started?

2. What do you think caused that?

3. What have you learned about being kind that you would like to share with others?

4. What is something you did this past year that you want to keep doing?



Draw a picture of you completing your favourite Kindness Challenge or Habit.



LOVE IS PATIENT

>> LOVE IS KIND <<

**IT DOES NOT ENVY
IT DOES NOT BOAST
IT IS NOT PROUD.**

**IT DOES NOT DISHONOR OTHERS
IT IS NOT SELF-SEEKING
IT IS NOT EASILY ANGERED
IT KEEPS NO RECORD OF WRONGS.**

**LOVE DOES NOT DELIGHT IN EVIL
BUT REJOICES WITH THE TRUTH.**

1 Corinthians 13:4-6