



FAM JAM

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What is Kindness?

What is a time you have shown kindness to someone else?

What is a time someone else has shown kindness to you?

Name someone in the Bible who showed kindness and talk about how they showed it.

Go through a few situations - some that are kind and some that aren't - and have your kid(s) discern which is kind and which isn't. (e.g. Someone fell and hurt their knee, but you just ignored them. Someone dropped their papers, so you helped them pick them up.)

Talk about something kind you, as a family, can do for someone else. Then, make a plan to do it and follow through with it!