

Vacation Church School

Virtues Unit 1

Lesson: Kindness

*He "... hath called us to glory and virtue."
2 Peter 1:3*

Goals: By the end of class the child should be able to:

1. Know the word "Kindness"
2. Remember God wants us to be kind to others
3. Understand what kindness means.
4. Know the scripture verse (by the end of week)

Vocabulary: *(for week)*

- | | | |
|------------|----------------|-------------------|
| 1. Patient | 4. Kindness | 7. Book of Mormon |
| 2. Love | 5. Forgiveness | 8. Virtue |
| 3. Truth | 6. Bible | 9. Glory |

Materials Needed:

- | | |
|--|--|
| <input type="checkbox"/> Bible | <input type="checkbox"/> Book of Mormon |
| <input type="checkbox"/> stapler | <input type="checkbox"/> candy enough for each child |
| <input type="checkbox"/> marker | <input type="checkbox"/> ☺ stickers |
| <input type="checkbox"/> KEEP BOX | |
| <input type="checkbox"/> Items for "I Have Virtues Book" | |

Preparation:

1. *Scripture Activity:*
 - a. Assemble Virtue book (1 per child per week)
2. *Review Activity:*
 - a. Make copies of "When I am Kind I am Happy" worksheet, enough for each child.
3. *Vocabulary Words:*
 - a. Cut out vocabulary words and back them on poster board.

- b. Put Vocabulary Words up on wall for children to see and remember the words (for younger children - finding a picture to go with the word helps them remember it better)

Introduction Activity:

We are supposed to be kind to all those around us. I am going to be kind to you right now and share with you my candy. Don't eat it yet though.

Hand out candy 1 piece of candy to each child

Let's show each other how we can be kind.

Have children participate in each of the following activities...

-Smile at each other

-Give someone a hug

-Shake hands

-Give a High 5

-Give someone your piece of candy

That was very nice of each of you... you just showed kindness to each other.

How did that make you feel when you did those kind things for each other?

Let children respond

Yes, it makes us feel happy. That is one reason God wants us to show kindness. It will bring joy and happiness to our life.

I am going to read a story about a very good kitten... she was good because she was kind.

Story: Kitten Shows Kindness (read in book)

Discussion:

Can anyone tell me what kindness means?

Let children respond...

Help them to the understanding that it means to nice to each other.

Yes, very good. When we are kind we are nice to each other, and that makes us feel happy. Are we supposed to be kind to everyone? Even people that are mean to us?

Give Children a chance to respond

Yes, God says that He will bless us, when we are kind. Can anyone tell me a time when you showed kindness?

Help children think of times...

-helping mom, sharing toys, being nice to someone when they were not nice to you.

Those wonderful ways to show kindness.

Review Activity: "If You're Happy and You Know It"/ When I am Kind I am happy

Have the children sing the song (attached). You can sing it as long as time or interest allows. (Singing it throughout the day is fun too!)

When I am Kind I am Happy

Give each child "When I am Kind, I am Happy" paper. And a sheet of 😊stickers. Let children put 😊 on the things that make them happy.

Scripture Activity:

Hold the Holy Bible and the Book of Mormon.

There are lots of scriptures in the Bible and Book of Mormon that talk about how we should live our life. In order to be good like Jesus we must have virtues. One of the virtues is kindness.

Jesus wants us to treat everyone we meet with Kindness. We need to be just like Him...kind. When you grow up there will be lots of times it will be hard to be kind, but remember we should be like Jesus and do what he wants.

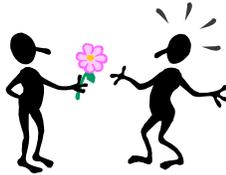
Let's read the page in our "I have Virtues Book"

Read pages together then let children decorate Kindness page of "I Have Virtues" book

Use any extra time for outside unstructured play

When I am Kind I am Happy

*Put a ☺ in the boxes above the pictures that make you happy *



My name is: _____