

Kindness to Share

by Susanna Martinez

Happy Sabbath boys and girls. It's my opportunity once again to bring you the story.

Now I know we've been counting down. Monday there's no school, right? And we're celebrating a man named Martin Luther King Jr. He made me think. I've been reading books to my students and we've been talking about how he was a kind man. He never used his fists even though people did very bad things to him. Said he liked to make people think.

He liked to make people feel things, which made me think about kindness. I think if we share more kindness, we can show other people who Jesus is. This book is called Kindness to Share, from A to Z. So there's a lot of different ways we can show kindness.

Kindness is for sharing and what you say and do.

Being kind is good for others.

and how you should be treated too.

Ask someone to play with you.

Bring flowers to a person who needs cheering up.

Collect canned food for people who are hungry.

Do something nice for another person just because.

Entertain your younger kids at a family party.

Forgive someone who makes a mistake.

Give someone a compliment.

Help clean up after dinner.

Invite the new kid at school to sit with you at lunch.

Join a good cause.

Kiss your parents good night.

Listen when others are talking.

Make cookies to welcome a new neighbor.

Notice when someone is kind to you, say thank you.

Offer to help without waiting to be asked.

Pick up after yourself.

Quiet down when others are trying to sleep.

Read a story to a young child.

Say, I love you.

Think before you speak.

Choose kind words.

Use other people's things with care.

Ask first.

Visit people in a retirement home.

Wait your turn.

Explain how to play a game so others can join in.

Yell good things at a game like yay and go team.

Zip up your younger child's jacket.

Now I hope you got lots of ideas boys and girls on what you can do to be kind and show kindness and when we do this we are showing them who Jesus is through our behaviors. I hope you have a great holiday as well.

Let's bow our heads. Dear Heavenly Father, thank you dear Lord for another day. Thank you for allowing us to have a day off. Please protect us, keep us safe and most importantly, help us to show others who you are through the kind acts that we do. Keep us safe and away from harm dear Lord for we pray in Jesus name. Amen.

Bye boys and girls till next time.