

Kindness



Learning & Growing
STEPS
Learning & Growing



Contents:

A Little Kinder	4
Remember My Name	5
The Sun and The Wind	8
A Kind Deed	11
Prayer and Memory Fun	14
Word Search	15
Sprinkle Drops of Sunshine	16
Kindness Pockets	17
From Jesus—with Love	19



Be kind to unkind people—they need it the most.

By Amber Darley and Agnes Lemaire

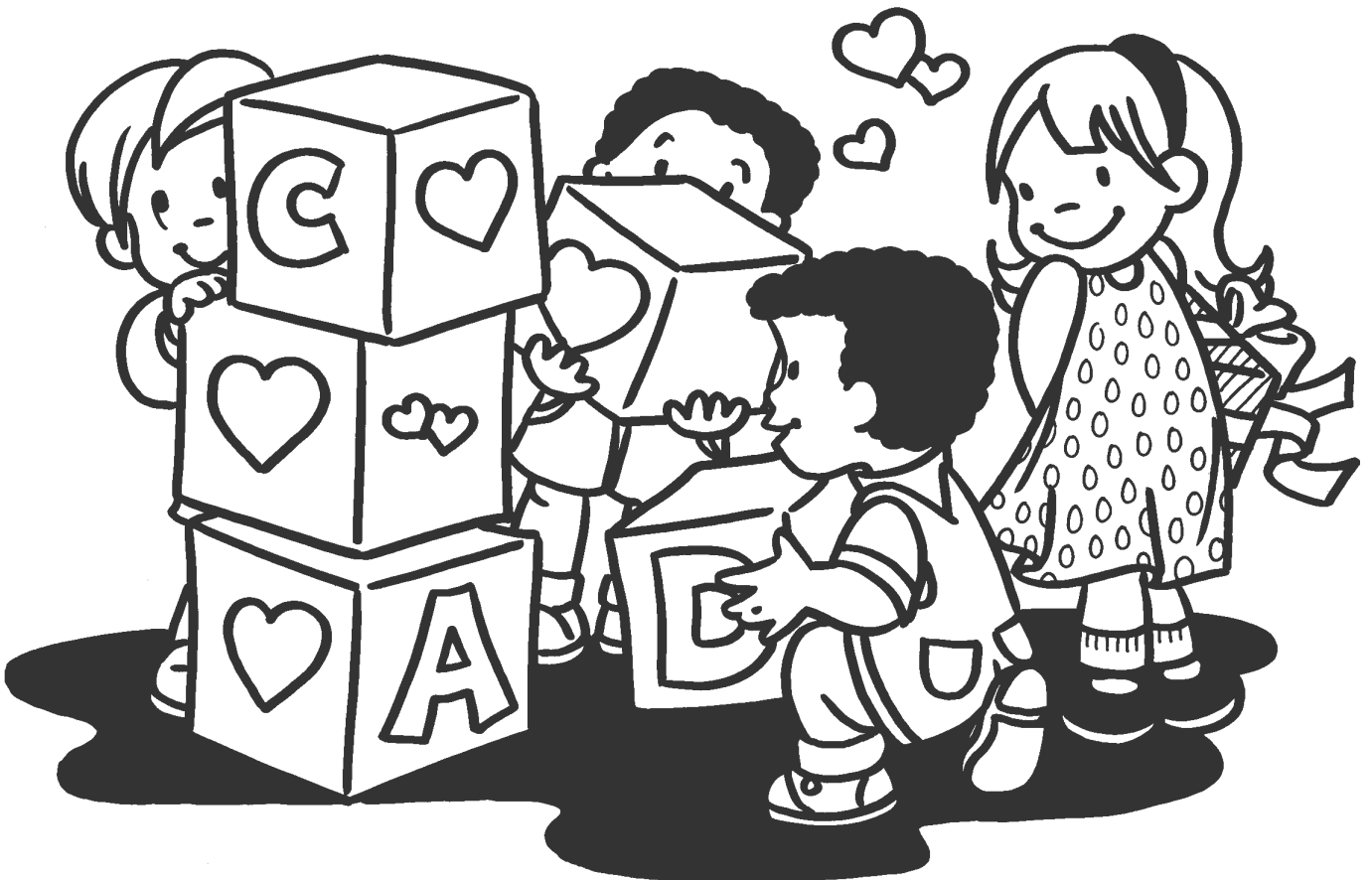
Copyright © 2006, Aurora Production AG, Switzerland.
All Rights Reserved.

A Little Kinder

Let me be a little kinder.
Let me be a little blinder
To the faults of those about me;
Let me praise a little more.

Let me be when I am weary
Just a little bit more cheery,
Let me think more of my neighbor
And a little less of me.

Let me be a little sweeter,
Make my life a bit completer;
Keep me faithful to my duty
Every minute of the day.



Remember My Name

Hi, I'm Nicosá, and I have a little story to tell you.

Many years ago, when I was still very young, our family moved to a new house. I had to go to a different school because my old school was too far away. I still remember the first day that I went to my new school. I was scared. The school was so big and white, and I didn't know any of the children there. As I walked up the long pathway to the front door, then through the hall to my new classroom, I was shaking a little. I wished that I could just run home. I wondered if I would make any friends in this new school. Would the kids like me? Would they make fun of me? Perhaps I wouldn't have any friends at all!

I finally found the door to my classroom. My new teacher smiled at me kindly and showed me where to sit. Most of the children were sitting down already, and they all watched me as I made my way to my desk. I heard someone giggle. I sat down quietly and tried not to look at anybody, in case I caught them staring at me.

The teacher greeted the class, "Good morning, children."

Then the teacher smiled and said, "This is Nicosá, our new student. We're very happy to have her with us, and I hope you will all make her feel welcome." I was too afraid to look up. I wondered what they thought of my name. It seemed like the teacher said it so quickly, and I was sure nobody would remember it.

After our morning lessons the bell rang, and all the children ran out into the schoolyard to eat lunch. I walked slowly out into the yard, wondering where I should sit. Everyone else seemed to have friends to eat lunch with, but I was too shy to go and sit near anyone, so I sat down alone by a little bush in the corner of the yard.

I was just pulling out the bananas and nuts that my mother had packed in a little bag, when a girl from my class came over and stood in front of me. She smiled at me and said, "Hi, Nicosá, my name is Sali. Would it be okay if I sit here too?" I was so surprised, not only that she came over, but that she even remembered my name. I was so happy.

I said, "Sure! Do you want some of my nuts? I can't eat them all anyway." She sat down beside me and we ate lunch together, and she told me all about herself and her family, and about the school.

I never forgot Sali's kindness in coming over to talk to me when I felt so alone, and for remembering my name. She made me feel special and that somebody cared. I had a friend and it made me feel happy inside.

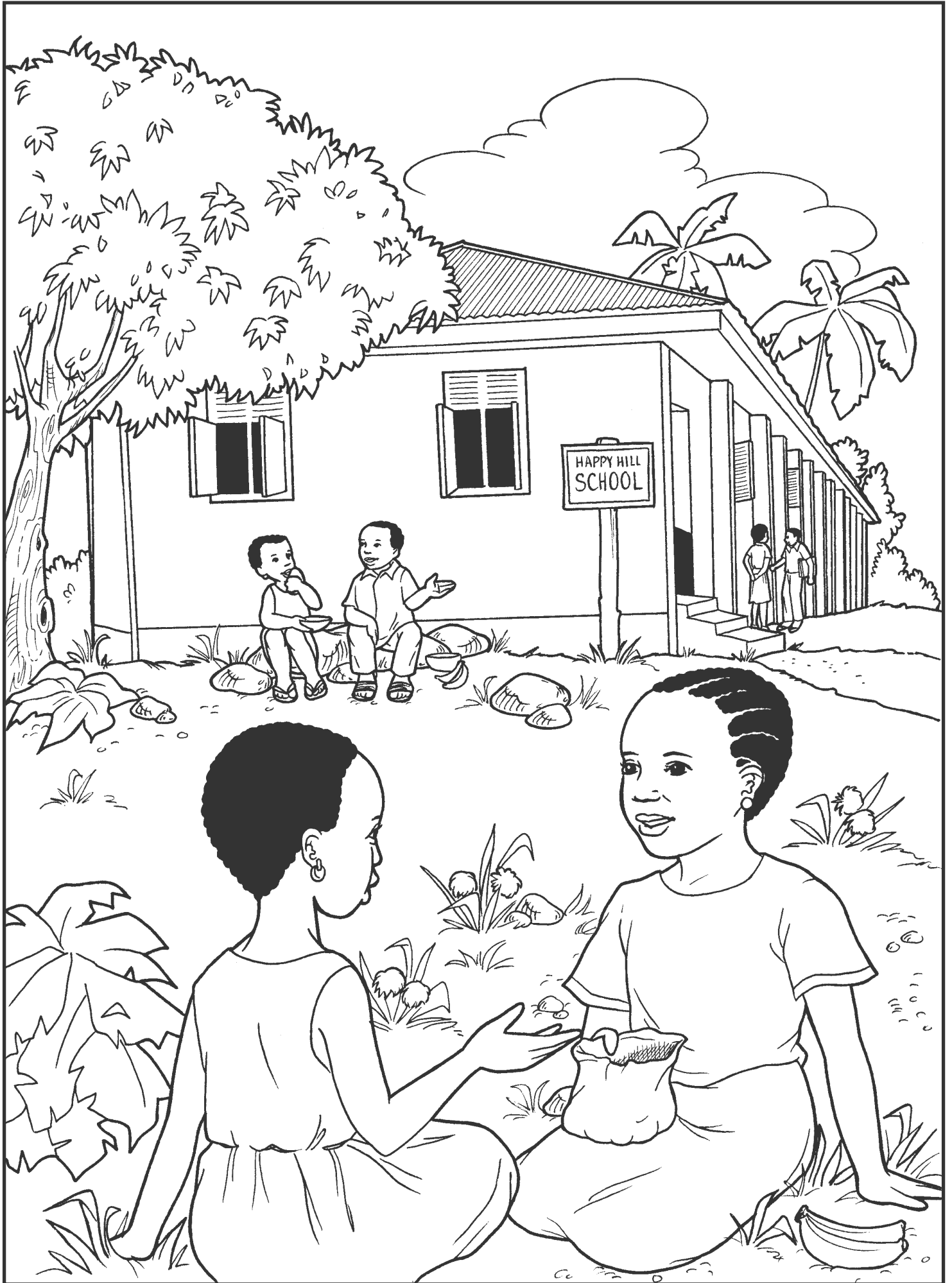
Ever since I met Sali, I've tried to remember people's names too. Now I know that it makes someone very happy when I remember their name, and show them that I want to be their friend.

You know, God is very good at remembering names. He knows all our names because we are His children. He remembers your name too, because you're special to Him and He loves you. And when you show kindness and try to remember other people's names, it's a way you can show God's love to others too.

"Dear God, thank You for remembering our names. Please help us to show love to others, just as You show love to us. Amen."



- How did Nicosia feel as she went to her new school?
- How did Sali show kindness to Nicosia?
- Are you kind to the new friends you meet?
- How can you make people who just moved into your neighborhood feel welcome? What could you say to them or do for them? Do you have any tricks to help you remember people's names like using their name often in the conversation and associating something or someone with their name? How is it love to remember people's names?



The Sun and The Wind

One day the wind and the sun had a disagreement. The wind started, "Sun, I am much stronger than you. In fact, I am the strongest force in nature!"

The sun looked at the wind disapprovingly. "Dear wind, I think you are mistaken."

The wind proudly insisted, "What I say is true! I am much stronger than you!"

The sun answered, "Excuse me, wind, but if you don't mind me saying so, you are nothing but a lot of hot air."

They decided to make a bet. If sun could prove that he was stronger than the wind, wind would have to do some service to man. If wind could prove that he was stronger, the sun would have to hide behind a cloud for two months so that the wind could blow harder.

Now, the wind was challenged to prove his claims and so he looked around for a suitable test of his strength. He soon found it. "I will prove that I am stronger than you. See that old man down there with a coat?"

"Yes," the sun answered, wondering what the wind would try.

"I bet I can make him take his coat off quicker than you can," the wind boasted.

"Alright," the sun smiled knowingly, "I will just go behind this cloud and watch you."

The wind was working himself up into a bigger and bigger ball of ...well, of wind. "Here I go! Huff! Puff! Whoosh! WHOOOOOO!"

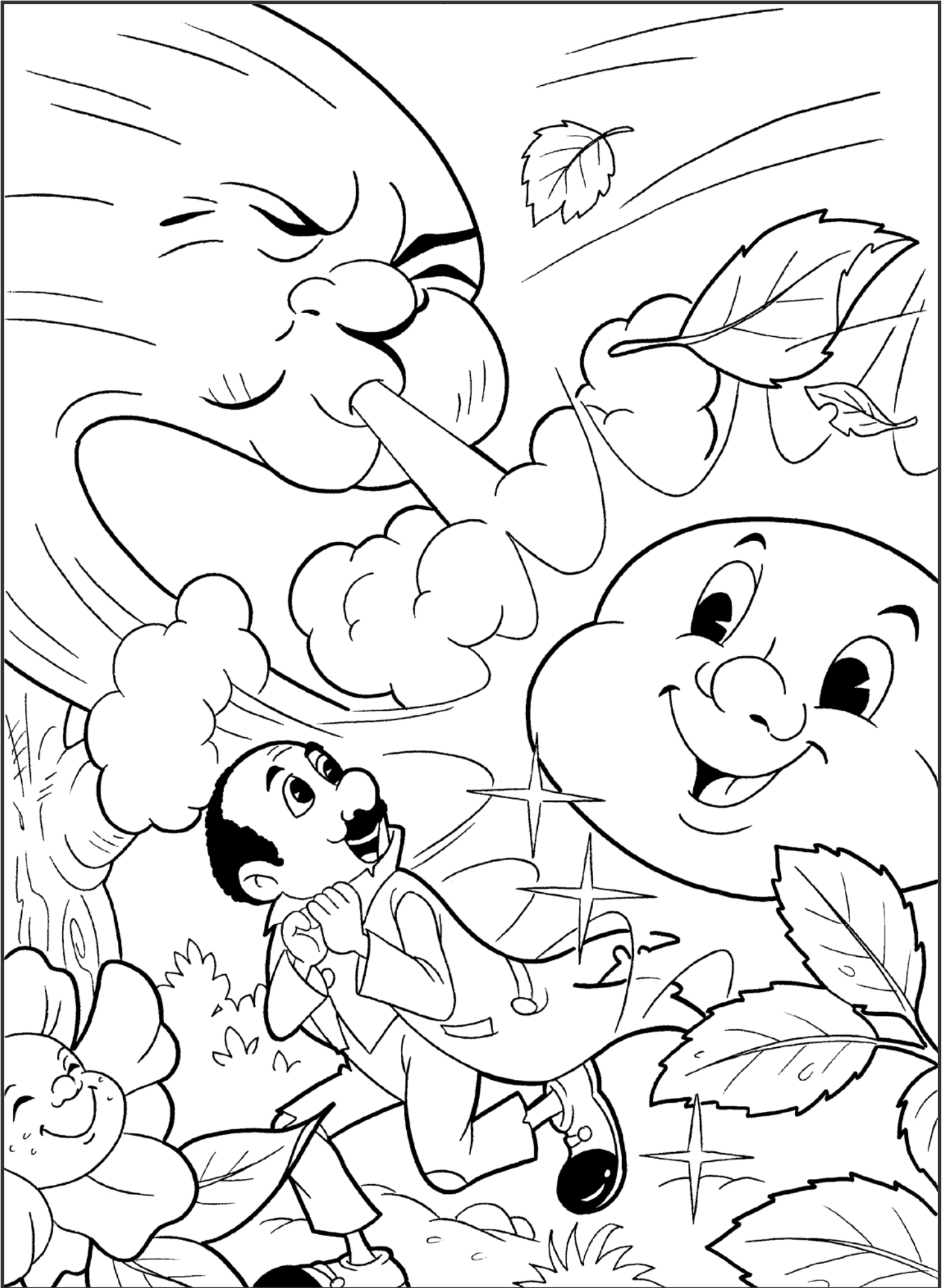
Wind was very tired from all this blowing. It seemed to be doing no good at all, for the man's coat remained on.

"I give up! The harder I blow, the tighter that old man wraps his coat about him," wind whined.

Sun teased, "Is that the best you can do? Come, come! Perhaps you are not trying hard enough."

Wind decided to try one last time, "I will become a tornado and blow his coat away! Then you will see."

The sun was laughing, "That's better. Now this time give it all of your strength!"



With its last strength, wind was able to whip up a mighty tornado that blew furiously, but it was no use. Finally, wind became a gentle breeze and said sadly, "I give up. Now the old man is wrapping his coat about him tighter than ever. I have no wind left."

The sun came out from behind its cloud and said, "Now it is my turn. I will show you a better way." He said kindly to the old man, "Greetings, old friend! You must be tired from walking such a long way. Why don't you sit in the shade and rest?"

The man wiped his brow with a handkerchief and said, "Why, thank you! Whew! It is getting so hot! I think I will take off my coat."

The sun turned to the wind and said, "You see, gentleness and kindness are always stronger than fury and force."

The wind knew that it had lost the bet and so went off to do some good to man by helping a sailboat sail quickly home.



- What worked best—the sun's kindness or the wind's fury?
- Talk about how kindness is more powerful than force. What can kindness and gentleness do that forcefulness can't do?
- Why is it better to try and persuade someone with kindness than by trying to force them to change their minds. Explain the meaning of the saying, "A man persuaded against his will is of the same opinion still."

A Kind Deed

Lord Palmerston was driving on his way to Parliament* when he heard a sound that caught his attention. He tapped on the driver's seat to get his attention as he stuck his head out of the carriage window.

"Driver, stop here!" he shouted.

The driver quickly brought the carriage to a halt, "Yes, sir. Can I help you, Lord Palmerston?"

"Wait here please. I just saw a little girl drop her jug of milk," Lord Palmerston said as he got out of the carriage and walked over to a young girl who was crying on the bridge. He bent over, looked kindly at the girl and said, "There, there, child. Don't cry. Tell me what is the matter?"

"My jug! It slipped out of my hands and broke in pieces and the milk spilled. Now my little brothers and sisters will have nothing to drink for breakfast." The little girl tried to hold back her tears.

"You poor thing! Let me help you up. Come now, here's a handkerchief. Dry those teary eyes of yours and try to be brave," he said to her.

"Thank you, sir. Who are you?" the girl asked.

"I am Queen Victoria's Prime Minister*. But today I hope to just be your friend."

The girl was curious as to what he meant, "How is that, sir?"

Lord Palmerston checked his pockets and found that they were empty. He thought for a moment, then said, "I don't have any money with me at the moment. But if you come to the same spot tomorrow at the same time, I will pay you for both the jug and the milk."

"You are kind, sir. I will be here tomorrow," the girl said with a smile.

"Until tomorrow then." Lord Palmerston waved to the girl and ran back to his carriage and drove off to his duties at Parliament.

The next morning he was again at his job. Today a very important cabinet* meeting was being held that would decide the future of the country.

The chairman pounded his gavel* to get everyone's attention, "Hear ye, hear ye! This cabinet meeting is now in session."

Lord Palmerston remembered something he had forgotten and turned to his colleague sitting next to him, "Excuse me, Lord Fawnsbee, what time is it?"

Lord Fawnsbee looked down at his pocket watch, "It is a quarter past nine by my watch."

Lord Palmerston collected his things and began to head for the door. On his way out he whispered to Lord Fawnsbee, "Thank you, chap. I will be back shortly. I have some very important business to attend to."

Lord Fawnsbee looked shocked, "What business could be more important than this cabinet meeting?"

"A promise that I made to a little girl."

"A promise... to a little girl? Lord Palmerston, have you gone mad?"

"Sir, showing kindness to one child is worth more to God than a hundred cabinet meetings. Good day!"

Lord Palmerston:

British politician remembered for his efforts to maintain the balance of power in Europe. He served as foreign secretary (1830-1834, 1835-1841, and 1846-1851) and prime minister (1855-1858 and 1859-1865).



- What made an important man like Lord Palmerston do a kind deed for a girl he didn't even know? Didn't he have more important things to do?
- What would you do if you saw someone who needed help?
- Why is it important to keep your promises to others to show true kindness to them? Do you think Lord Palmerston made the right decision? What would you have done in his place? How do you think the girl felt when he came back and kept his promise to buy the milk and jug?

***parliament:** a national representative body having supreme legislative powers within the state.

***cabinet:** a committee of senior government ministers chosen by the Prime Minister.

***Prime Minister:** the head of the cabinet (in parliament) and often also the chief officer in parliament.

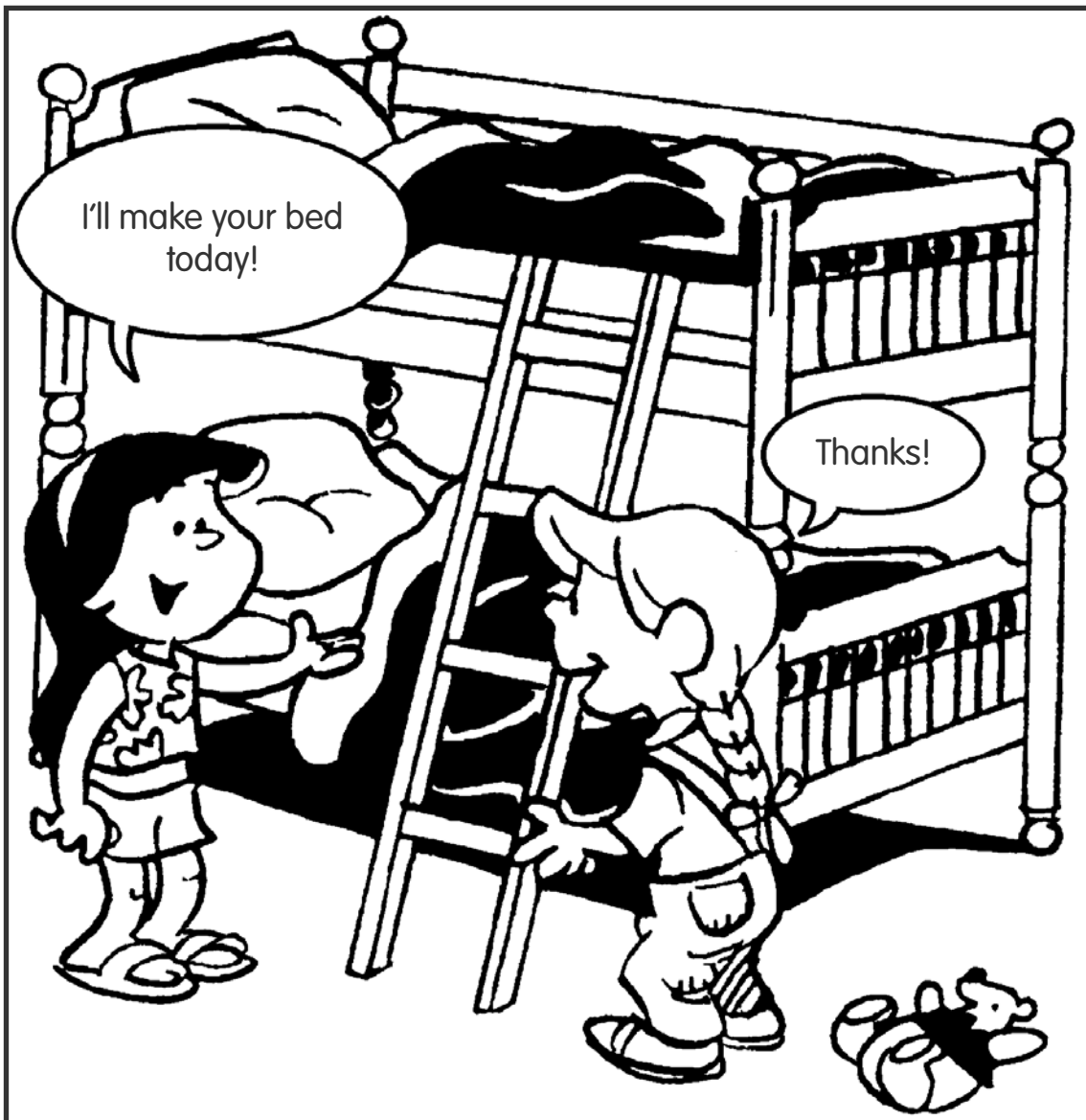
***gavel:** a small wooden hammer



Prayer and Praise

Dear Jesus, thank You for teaching me how important it is to be kind to others. Please show me ways I can be kind and do kind deeds for others. Amen.

Memory Fun



Be kind to one another.
Ephesians 4:32

Pencil Page

Word Search

Find and circle the words listed below that apply to love and kindness.
You can go down or across.

SHARING	BELIEVING	GENTLE
LOVE	ENCOURAGING	FRIENDLY
PRAYING	UNDERSTANDING	WARM
UNSELFISH	CARING	CARE
KIND	CONFIDING	SOFT
DEAR	TRUSTING	
GOOD	SWEET	

S B E L I E V I N G C T Y W
P R A Y I N G N O F O R H E
U T V K J C M G S R N U A E
N I M I S O J E S I F S Q T
S B L N W U K N H E I T I M
E U N D E R S T A N D I N G
L L O V E A O L R D I N G W
F C D C T G F E I L N G T A
I D E A E I T H N Y G O S R
S C A R I N G G G O P O U M
H K R E L G F I J D F D V N

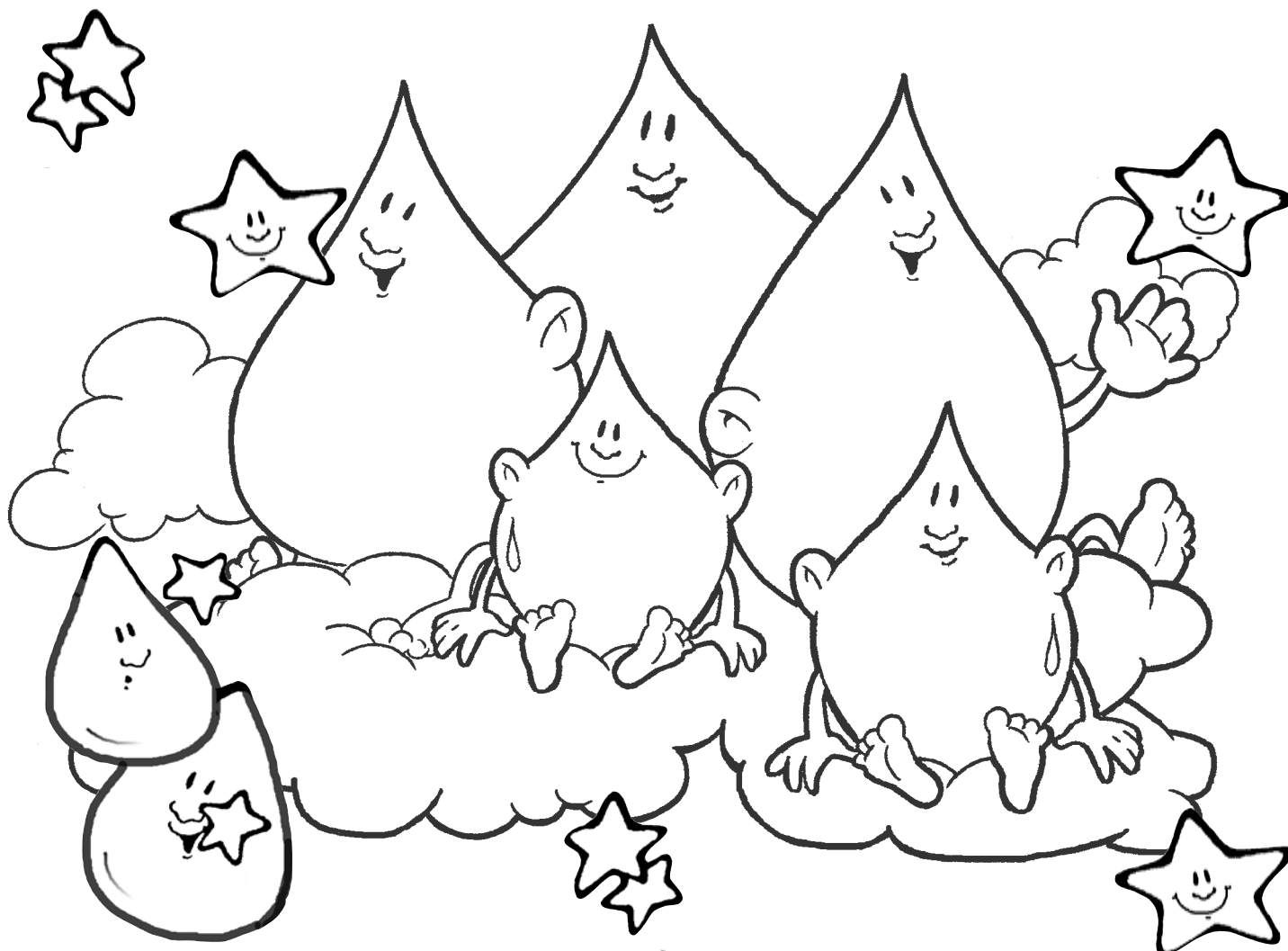
Sprinkle Drops of Sunshine



Let love be in your heart and mind
And find sweet words to say,
And sprinkle drops of sunshine
On others every day.



How can you sprinkle drops of sunshine on others?
Finish off this page by coloring in all the drops.
Write or draw sweet and kind things in the drops below.



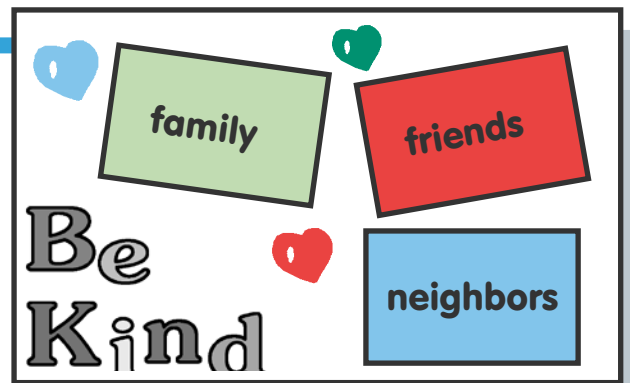
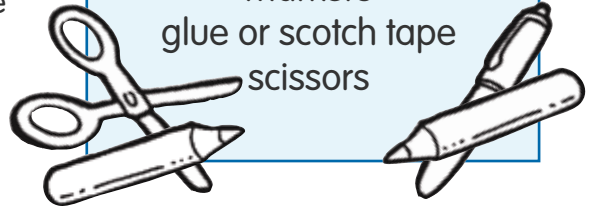
Make and Do

Kindness Pockets

How to:

- On your sheet of cardstock or cloth, glue three envelopes, one for family, one for friends and one for neighbors. Optional: if you know how to sew, you can make this with cloth and add embroidery.
- Color and cut out the "Be Kind" letters and hearts below. Use these to decorate the sheet with your envelopes on it.
- On another sheet of paper, write down ideas of what you can do to be kind to family, friends and neighbors. Cut these ideas out and place them in the appropriate envelopes.
- Hang this sheet up on your wall or door, and have everyone use these kind deed reminders. You can even add more as you go!

You will need:
cardstock or cloth
color paper or envelopes
color pencils, crayons or markers
glue or scotch tape
scissors



(This page intentionally blank)

From Jesus—with Love



You are My little ray of sunshine. Every time you share your smile with someone, you're sending them a little sunbeam from Me. Every time you give a sweet hug or a friendly kiss, you're shining My love to that person.

Each time you say, "Good morning," or "I love you," or "Thank you so much," you're being a little messenger of love from Me to those around you. So keep shining with My love! Be a little sunbeam for Me!



THE STEPS PROGRAM

Character Building Series

Help your children build character and sound values through the 20 *Character Building* lessons in this course.

The **STEPS** Character Building series is a unique life-skills learning program intended for use at home, camp, or classroom, by parents, counselors, caregivers, and teachers alike. Each booklet in this series focuses on developing a personal or interpersonal skill, social value, or quality of character necessary for positive self-esteem and to a live happy, rewarding, fulfilling life, in peace and harmony with others.



aurora

www.auroraproduction.com

