

Spend some time thinking about the question below and journal your thoughts or share them with a parent.



Horizontal lines for journaling.



Day 1

Go to Studio252.tv and watch this week's episode of The So & So Show.

Click on Fun2Watch! then The So & So Show.

Even if you already saw it at church, feel free to check it out again!

SO & SO TOP 3

After watching, write one thing that:

- 1. You liked:
2. You learned:
3. You'd like to know:

Day 2

Read Ephesians 4:32

Grab a sheet of paper and your favorite drawing/coloring tools and illustrate Ephesians 4:32.

You can do it word by word, creating emojis for each word, or you can simply create art that represents the heart of this verse: **Be kind to others because God is kind to you.**

Day 3

Being kind to others starts when we realize just how kind God has been to us.

One great way to do that is to be intentional about thanking God for the blessings He has given you.

Do you have a diary or a gratitude journal? If not, see if you can find an empty notebook around the house, or just get a few sheets of blank paper and fold them in half. Each day this week, before your feet hit the floor, grab the journal and a pen and write 2-3 ways God has been kind to you. It could be really big things, like giving you a loving family or healing someone close to you, or it could be the small but awesome things, like ice cream or campfires.

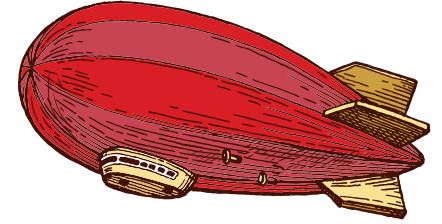
After you write down the blessings, take a couple of minutes to thank God for showing you kindness, and ask Him to help you be kind to others too!

Day 4

What do you think about conversation hearts?

You know, those little candies that come out around Valentine's Day that have messages printed on them? Most people either love or hate them but the chalky little candies have the right idea: we should use our words to be kind to each other!

Today, give a "verbal Valentine" to everyone you interact with. Tell a friend something you like about them. Thank a teacher for what she does. Tell your caregiver you are thankful for them. Use your words to show the same kindness to others that God showed to you.



Day 5

What does kindness look like?

There are many ways to show others they are valuable by how you treat them—whether it's with your words or actions. Sometimes we just need a little reminder and a little push.

Grab a sheet of paper and cut it into 10 strips. On each strip, write a way you can show kindness to others. Then fold up the strips and put them in some kind of container. Starting today, and for the next three days*, draw a Kindness Kickstarter out of the container, and then go and live out kindness!

*Feeling extra kind? Keep going until you've used up all your Kindness Kickstarters!