

# Shine a light

on...

## Kindness

1<sup>st</sup> December



No act of kindness,  
no matter how small,  
is ever wasted.

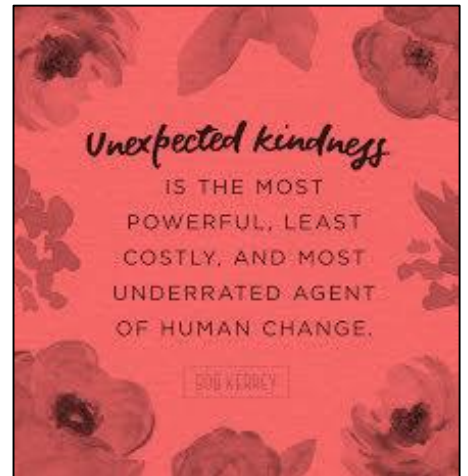
— Aesop

What the bible  
says about  
kindness

**LOVE** is *patient* and *kind*;  
**LOVE** does not envy or boast;  
it is not arrogant or rude.  
It does not insist on its own way;  
it is not irritable or resentful;  
it does not rejoice at wrongdoing,  
but *rejoices* with the *truth*.

**LOVE** bears all things, believes all things,  
hopes all things, endures all things.

1 Corinthians 13:4-7 ESV



Kindness can be defined as the quality of being friendly, generous and considerate. It can however, mean so much more, and mean different things to different people. It is more than just being nice. Kindness involves the deliberate intention of acts that give others a sense of self-worth. In sharing acts of kindness, we pass on hope and promote peace. We understand others' emotions and we act to help them feel better. This is also known as compassion.

It is at this time of year, during Advent, we remember God's compassion for the human race, where he sent salvation to mankind through the birth of Jesus, the son of God. Advent is the season for preparation of the Nativity in the Christian calendar, where Christians prepare their hearts and minds to truly remember the kindness mankind was shown.

In modern society, the Christmas season brings light and fun into our community, along with the stresses and pressures of giving gifts and ensuring everyone has a lovely time. This year, when finances are more stretched than they ever have been, remember giving a gift does not have to be expensive. Showing your love through acts of kindness or by giving your time can be more meaningful than material gifts.

This advent we would like to encourage our children to think about how to be kind to others and be generous through giving their time, making thoughtful inexpensive gifts and showing nice manners.

So let's enjoy the holiday season and show kindness to each other.

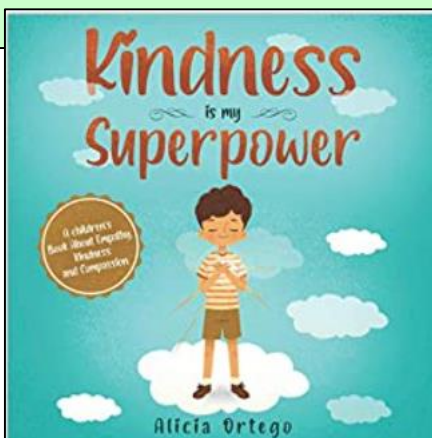
Here are some activities that you may be asked to complete for your homework. Enjoy being kind. Let's see if we can spot you being kind as you move around school!

Read the book: *Kindness is my superpower*

<https://www.youtube.com/watch?v=hEjhbq3lfwc>

### Make your own Christmas presents

A crafted gift is more personal, fun and kind on the environment. If you use elements from nature, your gift will be not only be generous, but sustainable too!



### Say thank you.

We continually learn right and wrong, through what we see and how it is reinforced. Therefore, when we see someone being kind or notice it from a family member or friend, make sure to tell them you appreciate what they did. By hearing what you did well, it makes you want to do more good deeds and reminds us to act with deliberate good intention.

Complete the Kindness Advent calendar. Make a record of what you did each day!

## Kindness Advent Calendar

In the spirit of giving, challenge yourself to perform an act of kindness each and every day leading up to Christmas.

- 1 Make a card for your neighbour.
- 2 Give someone a compliment.
- 3 Hold the door for someone.
- 4 Tidy your room.
- 5 Help to set the table.
- 6 Share a smile!
- 7 Thank someone for helping you.
- 8 Draw a picture for a friend.
- 9 Donate books or toys to a local charity.
- 10 Invite a new friend to play.
- 11 Tell a joke.
- 12 Do a random act of kindness for someone.
- 13 Pick up litter.
- 14 Help around the house without being asked.
- 15 Tell an adult you appreciate them and why.
- 16 Donate food to a local food bank.
- 17 Thank a teacher for all that they do!
- 18 Give someone you love a hug.
- 19 Call a relative that lives far away.
- 20 Make someone laugh.
- 21 Leave a happy note for a friend.
- 22 Make a thank you card for someone special.
- 23 Share your toys with a friend or sibling.
- 24 Tell your family you love them.

Merry Christmas!