

# KINDNESS



GET INTO  
THE BIBLE



20 MINUTES



READY  
TO GO



## GETTING INTO THE ACTIVITY

Watch this YouTube video: [youtu.be/5V0GCfC6zh0](https://youtu.be/5V0GCfC6zh0)

Consider the following questions:

- What impacts did the small acts of kindness have?
- Read Proverbs 11 v 17. What do you think it means?
- What are the benefits of being kind to others?
- What rewards can being kind to others bring you?
- What random acts of kindness could you do for others over the coming weeks, particularly those in isolation?



## WHAT YOU'LL NEED

- Access to YouTube



## NOTES FOR PARENTS & CARERS

Kindness is a key Christian value. This video and set of questions explore how small acts of kindness can benefit others and also bring benefits such as happiness to yourself.