

# FIGHTING WITH KINDNESS



GET INTO  
THE BIBLE



15 MINUTES



IN THE  
CUPBOARD



## AIM

We all have a choice on whether we throw nasty or kind words and actions at those around us. Hold a giant paper ball fight to visually show why kindness is always better.

## WHAT YOU'LL NEED

- > Paper
- > Pens

# GET INTO THE BIBLE: FIGHTING WITH KINDNESS

THEME: UNDERSTANDING CHRISTIAN VALUES



## LEADER PREPARATION

A leader will need to ensure there is a large pile of paper ready for this activity. A space will also need to be identified that can be used for the paper ball fight. Ideally this should be quite a clear and open space.



## GETTING INTO THE ACTIVITY

- 1 Pass a rock and a cotton wool ball around the group and ask what differences they can spot. Ask which object would hurt most if it was thrown at you. We all know we shouldn't throw rocks and thankfully very few people do.
- 2 Compare the rock and the cotton wool to our words and actions. Kindness would be like the cotton wool and nastiness would be like the rock. We all know that we shouldn't throw nasty words around, in the same way we shouldn't throw rocks... yet all of us are probably guilty of using nasty or unhelpful words and actions sometimes.
- 3 What does the Bible say? The Bible is clear, we should always be kind to each other in both our words and our actions. **'Love each other like brothers and sisters. Give your brothers and sisters more honour than you want for yourselves.'** Romans 12 v 10
- 4 Focus on different ways we can be kind to each other. This might be with words (please, thank you etc), actions (helping others, smiling, being supportive) or in lots of other ways. Get the group to write each idea onto separate pieces of A4 paper. The more ideas they come up with, the more fun they will have in step 5.
- 5 Scrunch up all the kindness ideas into balls of paper. You want as many as you can. Now have a giant paper ball fight. Have fun throwing the balls at each other, just like a snowball fight. Every now and again, ask everyone to stop, pick up a ball and read out the kindness idea from that piece of paper, before carrying on with the paper fight.

If we'd have done this activity the other way around, with rocks and horrible words, it wouldn't have been much fun! It really is the same when it comes to our words and actions. We all have the choice on if we throw harmful or helpful words and actions at each other. As Christians we should always choose to 'fight with kindness'.



## IDEAS TO TAKE THIS FURTHER...

Create a kindness challenge. Use a 30-day calendar and in each box write a kindness challenge that you can do (make someone a drink, say hello to a teacher at school, litter pick etc). Each day once the challenge is completed, colour in the box. Can you complete a whole month of kindness?



## KEEPING EVERYONE SAFE

Some ground rules may be needed for the paper ball fight, such as not throwing a ball at someone whilst stood too close or not running around the room whilst throwing. Make sure any rules are clear before playing.