

Showing Kindness



Growing and Celebrating with Jesus

Lesson 17, Kindergarten

Lesson 17 Goal

- Your child will learn that being kind means reaching out to other people when they need us. He or she will explore concrete ways to be kind.

Key Points

- We should be kind to others in the things we say and do.
- We should look for ways to help those in need.



Parent Reflection

In the most vivid image Jesus gives us of the Last Judgment (Matthew 25:31–46), the criteria by which people are judged is the kindness they have shown others, because it is evidence that they know Christ. Those who have fed the hungry, given drink to the thirsty, clothed the naked, visited the sick or imprisoned, and welcomed the stranger are welcomed into heaven. But those who have not done so are told they never knew Jesus. For if we truly accept God's mercy and kindness towards us, we will show mercy and kindness towards others.

When we show mercy and act in kindness for someone else, we are becoming an image of the kind and merciful God for them. As we become more loving in our own actions, we truly know Christ, for knowing him means more than believing in him. Above all, Jesus' life was about loving self-sacrifice. He gave of himself in many different ways, and then in the most complete way through his death on the Cross.

The Christian way of life requires us to discipline ourselves, and to allow God to discipline us through the working of his grace in us.

Reflection Question

How have God and others shown kindness and mercy to me? How do I show mercy to others?

Lesson Preparation

Before inviting your child to sit with you for lesson time, prepare all materials.

Materials

- ☐ Family Activity Sheet
- ☐ crayons, colored pencils, or markers
- ☐ safety scissors
- ☐ craft sticks
- ☐ glue
- ☐ yarn pieces (assorted colors)

- ☐ assorted material scraps
- ☐ Activity Master #2 – Saint Page (Keep the saint page from each lesson to gather together a Communion of Saints Book created by your child.)

Preparation Steps

- ☐ Make sure your child has a copy of Activity Master #2 (included with this lesson).

Gathering

Create a prayerful space. You might place a candle on the table, or set a cross in front of you. Invite your child to join you in quietly preparing for prayer.

Say the following or similar words: “Now that we are in this prayerful space, let us find the quiet in our hearts so we can talk with God.”

Sit together for several seconds of shared silence.

Say, “Today we are going to talk about kindness and helping others. First, we will pray, telling Jesus of the kindnesses we will do. At first I will say a way we can be kind, and together we will say, ‘Jesus, show me how to help others.’ Now we will pray.”

Begin in prayer:

Make the Sign of the Cross together or bless your child by tracing a cross on his or her forehead: “In the name of the Father, and of the Son, and of the Holy Spirit. Amen.”

Parent: *Jesus, our loving brother and God, I will try to smile at someone today.*

Together: *Jesus, show me how to help others.*

Parent: *Jesus, our loving brother and God, I will try to help at home today.*

Together: *Jesus, show me how to help others.*

Discovering

Help One Another. Turn to the first page of the Activity Sheet and read about helping one another.

Ask your child, “How can you encourage others?”

Turn to the second page of the Activity Sheet. Ask your child the “Ask Me!” questions and review the answers.

Exploring

Use the following activities to enrich your child’s understanding of the lesson and of our Catholic faith.

1. Who Is Showing Encouragement? Turn to the main activity of the Activity Sheet (center pages) and invite your child to describe what he or she sees. Give your child crayons or colored pencils. Explain the activity to your child and have him or her complete it.

2. Help-Those-in-Need Puppets. Invite your child to make stick puppets to show ways to help those in need. Have your child draw a face on the tip of a craft stick and glue pieces of yarn and fabric on as hair and clothes. Using the puppets, talk and act out ways that people can help those in need.

3. The Communion of Saints: Saint Thérèse of Lisieux. Show your child the picture of Saint Thérèse of Lisieux on the Family Activity page and read about her. Then read more about Saint Thérèse to your child (see below).

Ask your child:

► “What are some of the little ways Thérèse worked at being a saint?” (*She was patient with other people; she showed her love by doing jobs like washing dishes and cooking in a loving way; by doing small acts of kindnesses.*)

► “Think about the things you do every day. How can you show kindness through these little events?”

Have your child write and draw about Saint Thérèse using Activity Master #2.

Sending

Pray with your child. Begin by making the Sign of the Cross together, or bless your child by tracing a cross on his or her forehead. Pray aloud with your child.

Parent: *Jesus, our loving brother and God, I will try to _____ today.* (Invite your child to think of one kind act to do today.)

Together: *This little act I do will help somebody and will help me grow in love. Amen.*

Saint Thérèse of Lisieux

The Little Kindnesses

When Thérèse was a little girl, she played with her dog. She loved pretend tea parties. Thérèse also learned to read.

Sometimes she screamed when she didn't get her way. But when she was being silly, she made her family laugh. Every night she said her prayers.

Thérèse also loved Jesus. She decided to become a saint. As she got a bit older, Thérèse realized she could work on becoming a saint in little ways. She learned to be patient with other people if they were in a bad mood or angry with

her. She tried to show her love for people and God when she was doing boring jobs like washing dishes. When she cooked or sewed, she did these things in a loving way. She did small acts of kindnesses, even when others were unkind to her. She didn't do these things so that people would like her, but because she loved Jesus.

Thérèse was not able to do great things, like become a president or an astronaut. Yet, because she loved Jesus and by her kindnesses, she became a saint—a very great saint! Today, Saint Thérèse is known and loved by people all around the world!

DRAW



**Saint
Thérèse of
Lisieux,
pray for us!**