

# Treat Other People with Kindness

Featured story from the *Catholic Children's Bible*; *Ephesians 4:1-6*

**Parent Activity Guide for use with children in grades 1-5 and their families – February home lesson**

## Gather

Gather your family members around a central table or activity space. Make sure everyone can see *The Catholic Children's Bible* or another Bible of your choosing.

Quiet yourselves and take a moment to enter into God's presence. Choose someone to lead the opening prayer.

Begin with the sign of the cross and then the reader should pray aloud the following:

*Heavenly Father, you sent your Son, Jesus, to live among us and form a community of believers. Let your Holy Spirit open our hearts to hear what You want to say to us through the Bible passage today. Give us a mind like Jesus to understand your message to each of us. Amen.*

## Share in God's Word

**Ask your child** to read aloud the feature story from the children's Bible, **Ephesians 4:1-6** (found on page 1846 in *The Catholic Children's Bible* revised edition, copyright 2017). Provide support as needed.

The leader should explain the vocabulary from the passage:

- Humble: not proud, modest
- Tolerant: willing to respect the opinions, customs, and beliefs of others
- Preserve: protect or keep from harm or change
- Unity: put together in order to make whole

Check to see if your child has any other questions about the passage and address them as needed.

## Understand it

**Leader:** Let's review the main ideas of this passage from Ephesians [pronounced eh-FEE-shunz]. This passage reminds us that as Christians, we are called to be kind to others by being gentle and patient, as well as helping to keep the peace and include others.

Refer to your *Catholic Children's Bible* "Understand it!" section or read aloud the following:

*How do you feel when someone you know is mean to you? How do you feel about that person? You and the person certainly are no longer one. Maybe you don't want to speak to him or her. You might not even want to be with that person anymore. You are not at peace. But neither is that other person!*

*This Bible passage teaches us that peace is kept when people are kind and gentle. Sometimes it's hard to be kind. We might be sad or angry. We might not feel good. We might not like certain people, or maybe we're bothered by what they do. If we do hurt someone and destroy the peace,*

*we can still repair it. We can be humble and apologize. We can be extra kind to the one we hurt. The Holy Spirit can help us.*

## Live it \*

### Kindness Box

Items Needed: Small box, crayons, markers, stickers, etc.

Give your child a box and provide him/her with supplies to decorate the box. Encourage your child to write kind words on the box as well. (Help with this if necessary.) Explain to your child how compliments and kind words make people feel loved. Write each family member's name on a small piece of paper. Pass the papers around having everyone write something nice on each paper. (If your child is too young to write, allow him/her to dictate to you.) Place the papers into the kindness box. Pull them out one at a time and read them aloud.

God wants us to show kindness to each other and to help one another as well. After reading the kind words from the box, discuss ways you can help each other throughout the week.

(From <https://d6family.com/splink/2020/07/splink-help-others/>)

## Tell it

Using the pictures in the "Tell it!" section of the featured story spread, check your child(ren)'s comprehension by asking him/her to retell this reading in his/her own words.

\* Adaptation: If you do not have *The Catholic Children's Bible*, ask your child to create a comic strip with three pictures to depict three main ideas from the passage and explain them to you.

## Closing Prayer

**Leader:** We quiet ourselves now and ask God to be present with us as we pray. After hearing this Bible passage, who or what we should pray for today?

[Give everyone time to list anyone or any situation in need of prayers.]

Leader invites everyone to join in the Sign of the Cross, and then prays aloud the following prayer or adapts it to fit your family's needs:

*Heavenly Father, we thank you for the gift of our lives and the chance to share this prayer time together. We offer all of the prayer requests spoken here into Your care, trusting in Your great love for us and that You will take care of everything.*

*Help us to follow your example and be kind to everyone we know. Thank you for the gift of being in a family. Help us to love each other. Help us to be patient with our friends. We pray that Your love will shine through us so that everyone we meet will know your love.*

*In your most Holy Trinity we pray, in the name of the Father, and of the Son, and of the Holy Spirit, amen.*

\* See optional additional activities on the next page.

## Additional Activities (Optional)

These interactive family activities could be used as an extra activity in the above family lesson or used at another time in the month to reinforce the main theme of the virtuous life for February.

The following activities have been adapted from <https://d6family.com/splink/>.

### Pride Squashers

One of the best ways to deal with pride is to think of others. Brainstorm with your family to think of a way to show kindness to someone else. Then do it.

Ideas:

- Make up a basket of goodies, take it to a friend's house, ring the doorbell and hide.
- Make a meal (and cards) for a sick or lonely person and take it to him.
- Color pictures and deliver them to patients at a nursing home.
- Ask the store clerk what her favorite candy bar is and buy it for her.

Write each family member's name on a slip of paper, let each one draw a secret friend, and do something nice (secretly) for that person every day this week. Reveal identities at the end of the week.

### All Puffed Up

Items Needed: balloon

Sometimes a good way to understand a word is to think about its opposite. The opposite of humility from this month's lesson is pride.

What is pride? (Thinking too highly of one's self; thinking you are better than others; etc.)

Invite the kids to think of and say statements that a proud person might say. With each statement, blow a big puff into the balloon (holding it closed until all statements have been added).

- I am better than anyone on my team.
- I bet they wish they were as good as me
- I don't need anybody's help.
- She's lucky to have me as her friend.
- Why should I have to wait in line?
- I don't care what my parents say.
- I'll do what I want.
- She isn't as smart as me.
- I should get to go first.

This is a big bag of air. An over-inflated opinion of oneself pushes others away from us. (Let the air escape.) Even God resists the proud (James 4:6). We need to humble ourselves and recognize that we need God and others.

## Toss the Toys

Items Needed: Small, soft toys or balls (one less than the number of people playing)

Introduce your child to a fun outdoor game called *Toss the Toys*. Choose one person to be “It.” The person who is “It” tries to tag those who do not have a toy. If you get tagged, you become “It.” Those who have toys, toss one to the players who don’t, saving the player from being tagged. The player who receives the tossed toy must say, “Thank you.” By helping each other and expressing gratitude, the players learn about humility.

Humility is recognizing our need for God and being willing to obey Him. Having a humble, grateful heart honors God and others. Daniel was an excellent example of living a life with humility. Daniel knew he needed God, and he was willing to obey God as well. Encourage your child to fight against a prideful attitude and choose to be humble.

## Spot It!

Play a little game to see if your kids can pick out the change each one makes in their appearance. Ask each person to find a partner and look carefully at one another. Then have them turn their back and make a simple change. (It can be as simple as putting a strand of hair behind their ear or rolling up a sleeve.) When they turn around, see if their partner can tell what has been changed. Pick new partners and play a few more rounds.

**Was it hard or easy to see the change?**

**Could someone tell by your behavior that you are a follower of Christ?**

**The Holy Spirit is the author of the Bible and He can use that to help you know the right way to live.**

**Recall the passage from Ephesians 4:1-6 for this month. How did that passage challenge us to live as followers of Jesus? [with humility, patience, and gentleness] Every time you say no to your own selfish way and yes to the Holy Spirit, you are being transformed to be more and more like Jesus.**