

Worship 2 Go

Drawing School and Home Together

Thanks to all those people who have made some of the resources collated here available to share

Kindness

Daily Prayer

Dear God, each day is like the first day you created with the same invitation for us to live for you and others. Help us to show kindness in everything we do inspiring others to be kind too. Help us to be kind to ourselves especially in difficult times. Thank you that we can see your loving kindness in your son Jesus and help us to follow his example. Amen.



Bible Verse

You do yourself a favour when you are kind. If you are cruel, you only hurt yourself.

You can find this in the Bible in the book of Proverbs, chapter 11, verse 17.

Wondering

I wonder how a kind act can make other people feel

I wonder how you feel when someone is kind to you

I wonder how you can show kindness to yourself

Creative Prayer 1 ≈ Obstacle course prayer

It's really important that people only take part in this activity if they want to and to make sure no one can hurt themselves – kindness in action!

1. Find a space – it could be outside.
2. Collect a few things like plastic cups, cones, hoops or chairs. Lay these out on the ground.
3. Pair up with someone in your household and blindfold one of you.
4. The person without the blindfold guides the other person through the obstacle course by holding hands or with their voice.
5. Take turns.

When you have finished, say this prayer together:

Dear God, we thank you for all the acts of kindness we see in the world just now. Thank you for all teachers, medical staff, people who work in our shops and all key workers who look after us and help us to keep going. Bless them we pray today and every day. Amen.

Creative Prayer 2 ≈ 'God Bless You' picture

Draw a picture for someone of something they might like. Write a blessing prayer on it for example 'May God bless you today and every day'. Leave it somewhere they will find it. If you want to share it with someone you can't see at the moment, as a family, you could take a photograph of it and send it to that person.



Activity 2 ≈ Ripple effect experiment

1. Get a bowl of water big or small. If the weather is nice, you could do this outside or put the bowl in the bath.
2. Collect some items together. They should be things that can go in the water and things that are different for example something:
 - Small • Large
 - Light • Heavy
3. Before you drop each item in the water, say whether you think it will make a few little ripples or a big splash and big ripples
4. Notice that they all cause a ripple effect.
5. Talk together about what you see.
6. We never know what the ripple effect of an act of kindness can be. What do you think they might be?

Activity 1 ≈ Random acts of kindness challenge

Draw up a list of random acts of kindness, things you do just to show kindness to someone else. You can do this by yourself or with other people but remember to add some things that show kindness to yourself too.

Leave someone a thank you note	Have a surprise dance party 	Help make a meal
Do something that makes you laugh	Draw a picture for someone and hide it where they can find it	Share your toys 
Find a space to be quiet in 	Clean up without being asked	Tell someone a funny joke

Quote of the week

And you can always, always give something, even if it is only kindness!"

—Anne Frank

(If you are not sure who this person is, perhaps you could do some research together)

Thing of the week...

Make up a silly song about something you love. You could do it by yourself or as a family. You could choose an existing tune or make one up for yourself. It can be funny but should be kind. It's bound to bring a smile to someone's face! You could always film it and send it to us.....