

Make Waves: What you do today can change the world around you.

Read: Ephesians 4:32

DAY
1

Catch Kindness

Grab a ball and a friend. Toss the ball back and forth between each other. Each time you pass the ball, tell your friend something you like about them! Have fun adding more people to your game and continue to catch kindness.

THANK God for helping you show kindness.

DAY
2

What Kind?

Grab some paper, something to write with, and scissors. Cut your paper into a few different pieces big enough to write on. On each paper, write something you can do for someone in your house. Some ideas may be: helping clean up toys, giving a hug, or helping when needed.

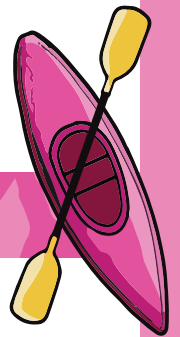
ASK God to guide you in showing kindness to your family.

DAY
3

Be Kind

Look up Ephesians 4:32 in your Bible. Read it with someone in your family and then talk about what you can do to show kindness to those around you even when it's hard.

LOOK for ways to be kind and forgiving.



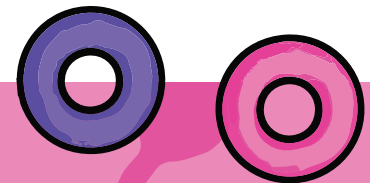
DAY
4

Talk About It

Spend time asking God to help you be kind to those around you. Pray something like this:

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Dear God, help me show kindness to those around me by what I do and say. Sometimes it's easy and sometimes it's hard. God help me be kind. Amen.  
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KNOW that kindness is easier to do with God's help.



Show kindness
to everyone.

