



Activity Time

Approximate time: 10 minutes

What you need: A copy of “Kindness Begins With Me” activity, scissors and tape or glue.
(If desired also print out posters to hang in your children’s bedrooms.)

Preparation 1. Put letter pages in a stack in order-spelling out kindness-with the (K) on top.
2. Cut out objects and place on the table.

Activity: 1. Tape letters on a wall while telling the “Kindness Begins With Me” story.
Let children take turns choosing the right object to tape to the letter.

(K) Karen Kangaroo was playing a game of kick ball with her friends when she noticed Isaac Inchworm watching them and she said to herself, “Remember this, kindness begins with me.”

What can Karen do to be kind to Isaac? (Kick the ball to Isaac.)

(I) Isaac Inchworm was passing out invitations to his birthday party when his best friend said “I’m not coming to your part if you invite Ned Newt.”
But, Isaac said to himself, “Remember this, kindness begins with me.”

What should Isaac do to be kind to Ned? (Invite Ned to his party.)

(N) Ned Newt knew Daisy Dalmatian would be a good class president, but if he nominated her the other boys would tease him, but he said to himself, “Remember this, kindness begins with me.”

What can Ned do to be kind to Daisy? (Nominate her for class president.)

(D) Daisy Dalmatian knew Norman Night-owl’s dad had lost his job and they didn’t have very much money for food, so she said to herself, “Remember this, kindness begins with me.”

What can Daisy do to be kind to Norman? (Donate some food to his family.)

- (N) Norman Night-owl was tending his little sister and her friend, Elizabeth Elephant. When it was time for them to go to bed he found out Elizabeth was afraid of the dark. So he said to himself, “Remember this, kindness begins with me.”

What can Norman do to show kindness towards Elizabeth? (Lend her his night light.)

- (E) Elizabeth Elephant walked into the classroom and saw unkind words written on the chalkboard about Stella Skunk and she said to herself, “Remember this, kindness begins with me.”

What can Elizabeth do show kindness to Stella? (Erase the unkind words.)

- (S) Stella Skunk had been taking singing lessons for years and was going to try out for the school talent contest. She found out that Sarah Squirrel wanted to try out too, but she was afraid. So, Stella said to herself, “Remember this, kindness begins with me.”

What can Stella do to be kind to Sarah? (Sing a duet with Sarah.)

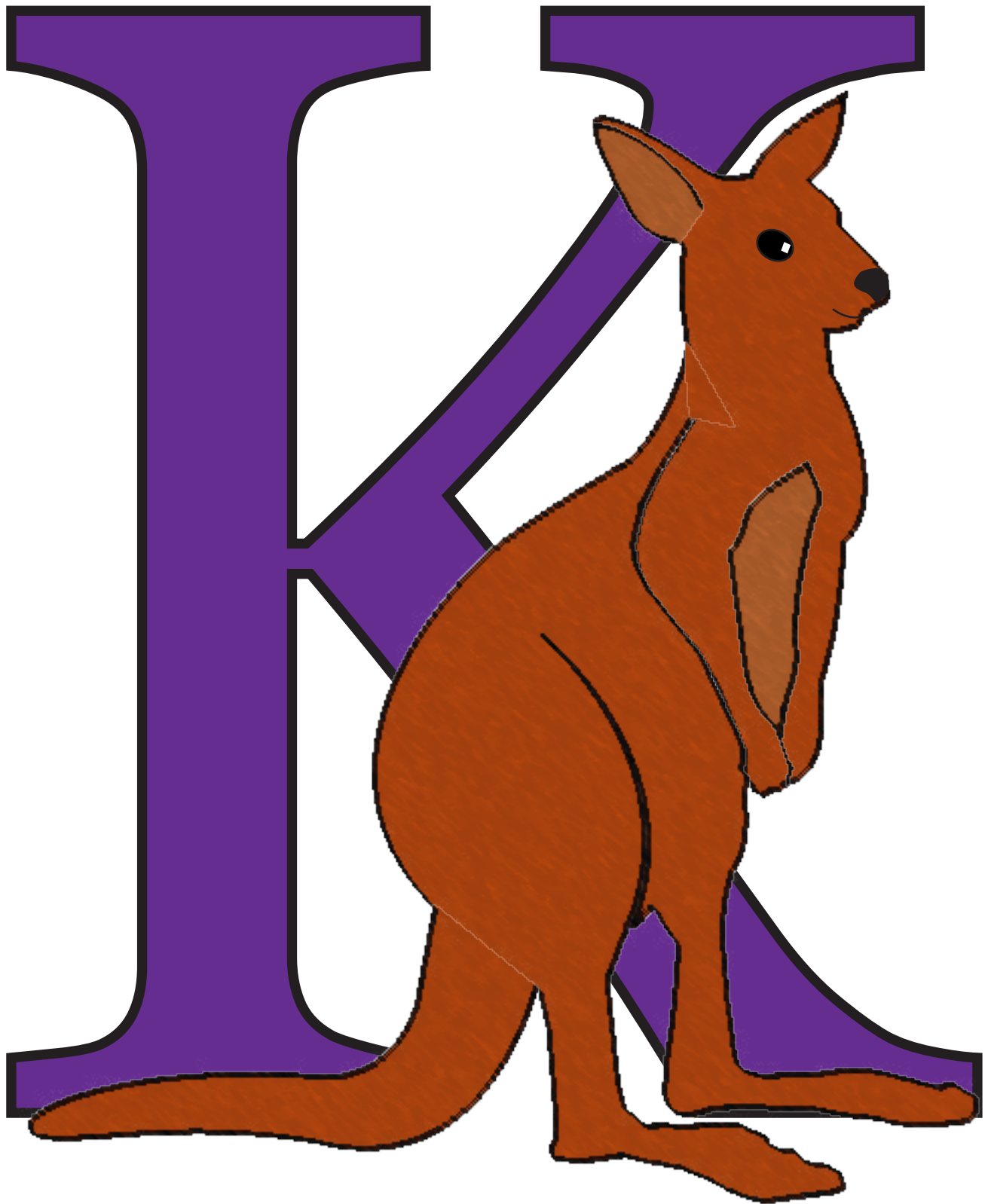
- (S) Sarah Squirrel and Karen Kangaroo went for a bike ride picnic. When they got to the park Karen realized her lunch wasn’t in her pouch. Sarah was so hungry, but she said to herself, “Remember this, kindness begins with me.”

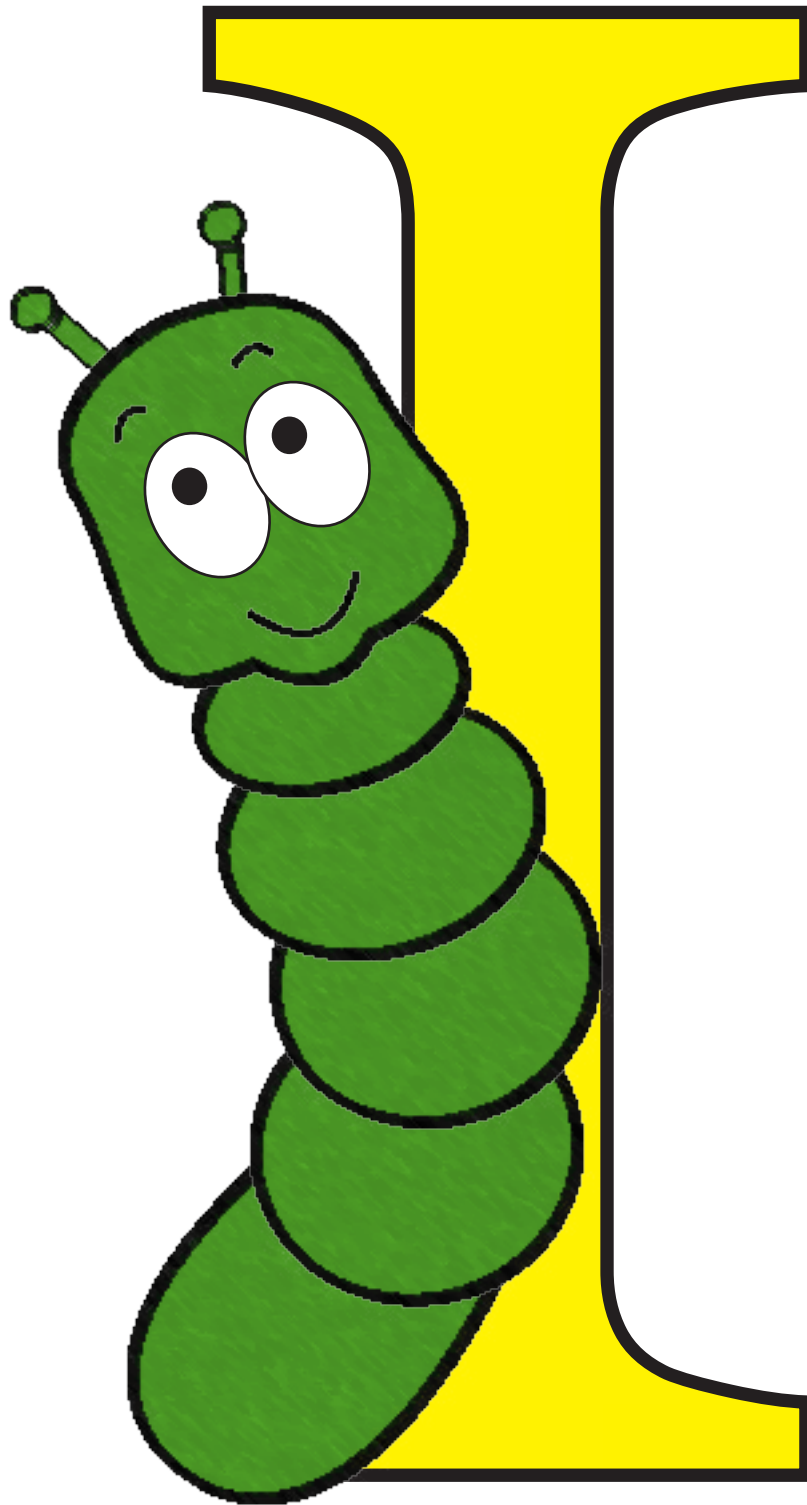
What can Sarah do to be kind to Karen? (Share her sack lunch.)

2. Ask: Do you think when Karen showed kindness towards Isaac she was being a good example to her friends? (Discuss ideas.)
3. Read: “Kindness, like a boomerang, always returns.” ~Author Unknown
4. Ask: How did Karen’s kindness return to her? (Discuss ideas.)
5. Explain: When we are kind to others we feel good inside and it makes us happy and it makes Heavenly Father and Jesus happy.

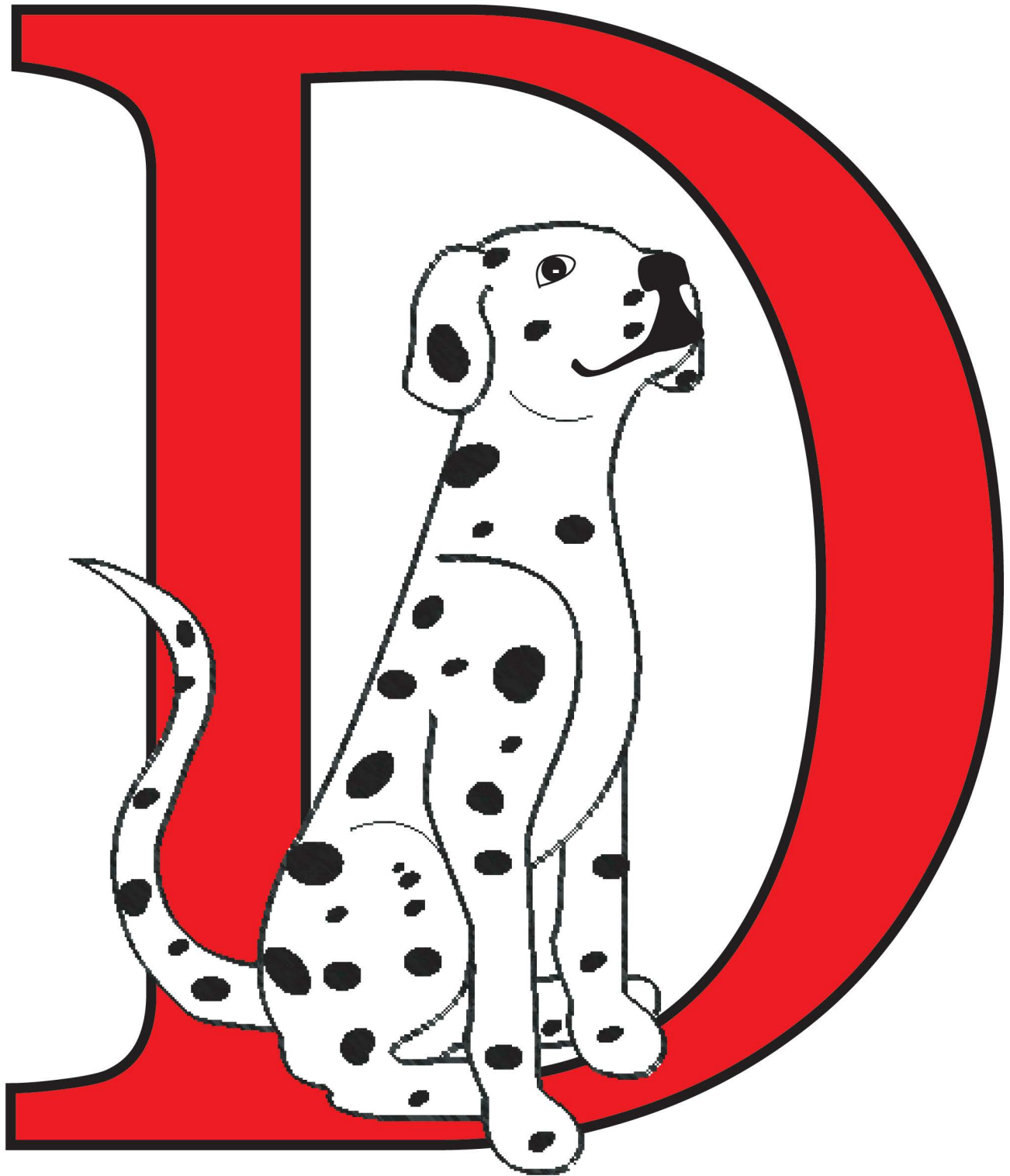
“And the King shall answer and say unto them, Verily I say unto you, Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me.” (Matt. 25:45)













Story Time

Approximate Time: 3 minutes

The Unruly Man

By Margie Nauta Lee

Hannah clung to Mother's hand as they walked towards the temple. She was frightened by the people who were waving protest signs and shouting. Hannah buried her face in Mother's coat when a scary looking man with a long unkempt beard approached and handed Mother an Anti-Book of Mormon pamphlet.

"Thank you for your concern," Mother said to the man, "But, I've prayed about The Book of Mormon and the Holy Ghost told me it is true. Have you read it?" Mother asked in a kind voice.

"I ain't going to read a false book filled with lies," The grumpy man spouted.

"If you change your mind the missionaries in the Visitors' Center will give you a copy," Mother responded with a kind voice. "It's a wonderful book!"

Hannah peaked out from behind Mother's coat. The man's face had changed. Instead of looking mean and ornery, he looked forlorn and confused.

Mother reached out shook the man's grimy hand. "God bless you," she said, "I hope you change your mind and read The Book of Mormon someday. I promise you it will change your life and bring you closer to our Savior, Jesus Christ," she added before leading Hannah away through the crowd.

After arriving at the Joseph Smith Memorial Building they slipped into the rest room. Hannah looked at Mother as she washed and dried her hands.

"I didn't like that man. He was mean. Why did you talk to him and shake his dirty hand?" she asked in disgust.

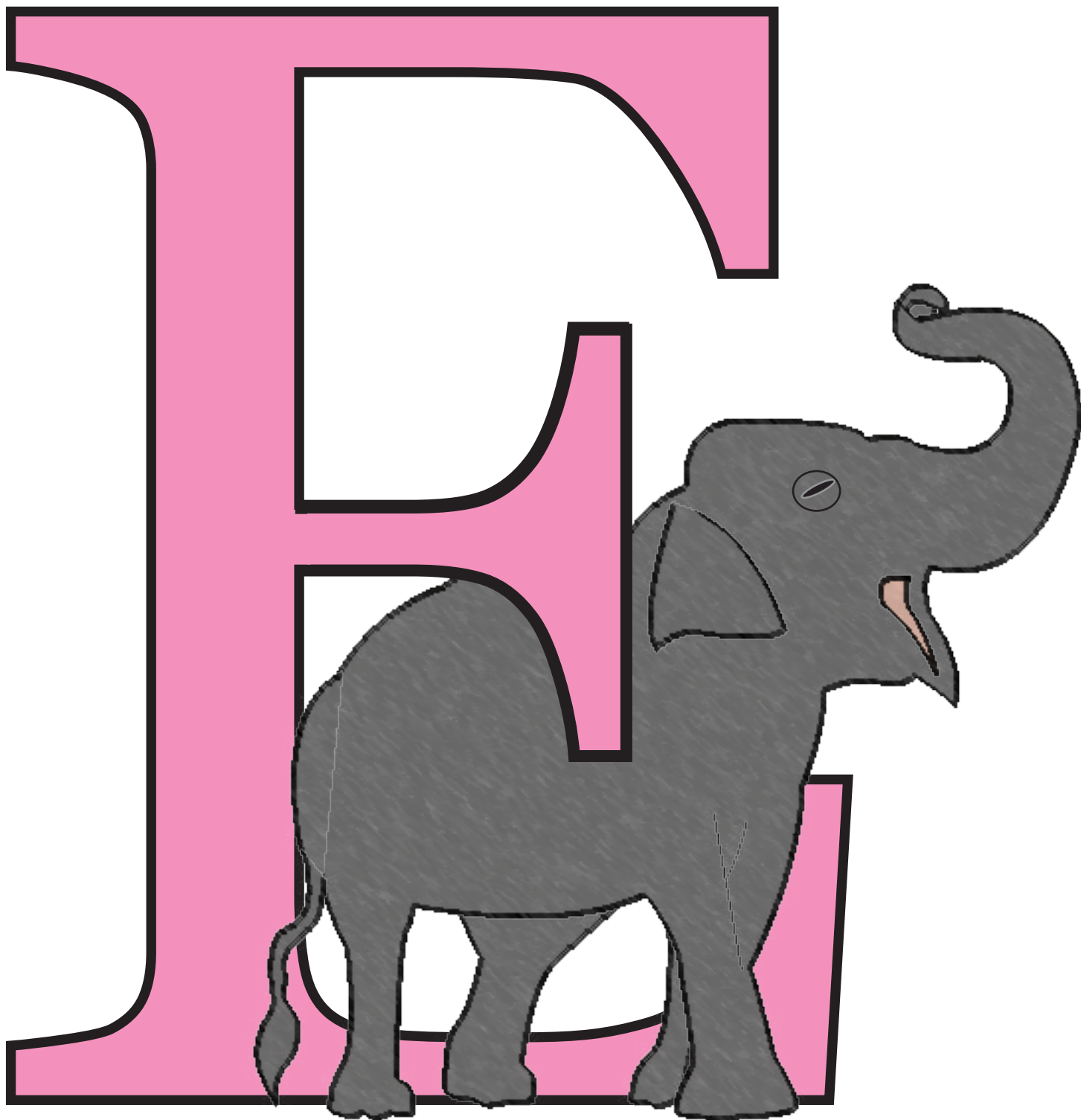
"Hands can be cleaned," Mother said, holding her hands up and turning them back and forth for Hannah to see.

Mother took Hannah by the hand and led her out the door and into the grand lobby where they found a bench to sit on and talk.

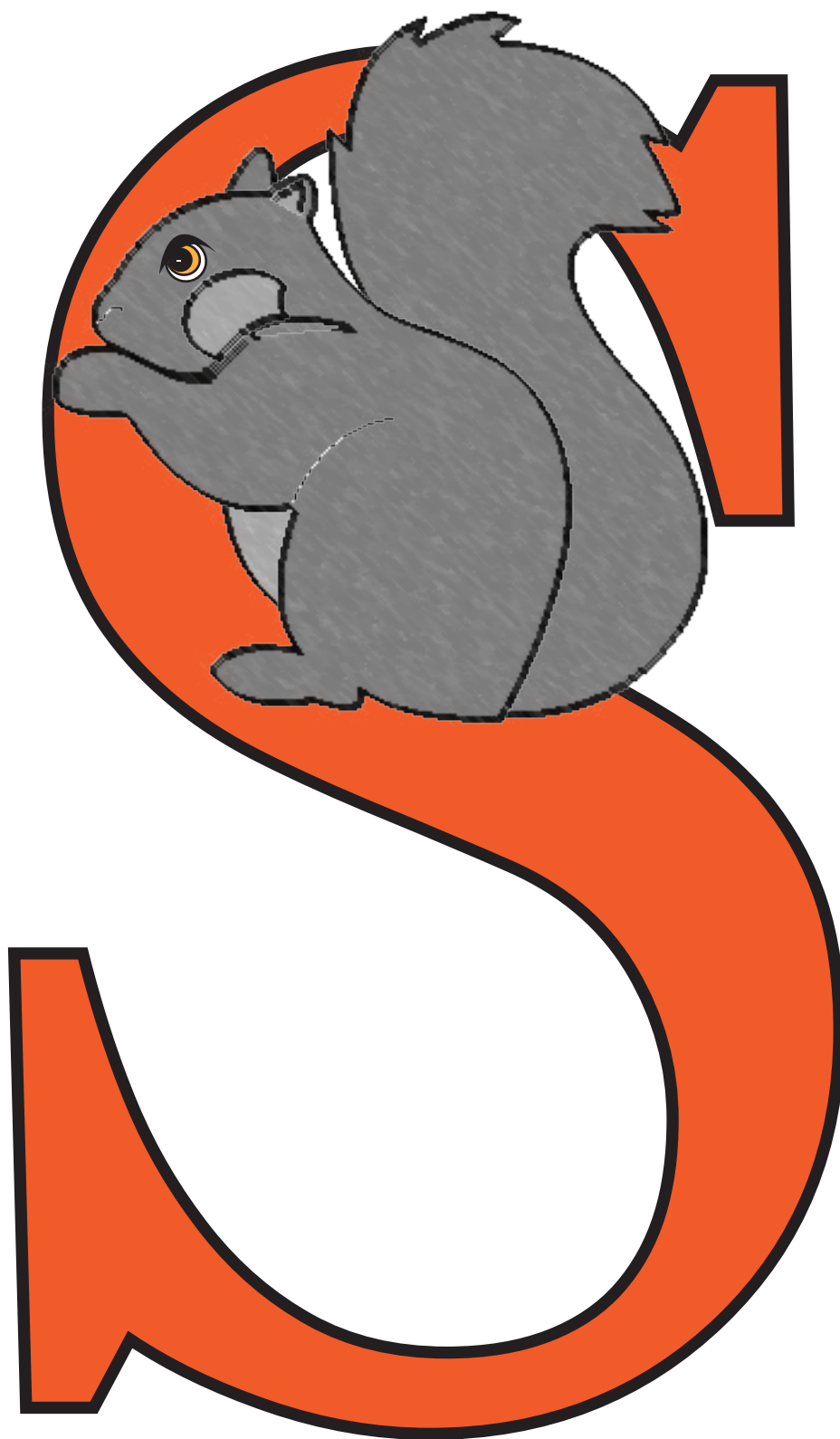
"Hannah, I know we've discussed how you shouldn't talk to strangers and I could have ignored him, but the spirit whispered to me that we were safe and if I was kind I could help soften that man's heart. Do you understand?"

While Hannah thought about Mother being kind to the unruly man the spirit whispered the words of a song to her. Smiling at Mother, Hannah nodded, "Yes," and then quietly sang, "I want to be kind to everyone, For that is right, you see. So I say to myself, 'Remember this; Kindness begins with me.'"









WITHE ME





BEGINS

