

At Home Activities

Week 3

Today's Bible Story: One More Time (Go the Extra Mile) • *Matthew 5:41*

Today's Bottom Line: Be kinder than you have to be.

Monthly Memory Verse: *You are God's chosen people. You are holy and dearly loved. So put on tender mercy and kindness as if they were your clothes. Don't be proud. Be gentle and patient.* Colossians 3:12 (NIRV)

Monthly Life App: Kindness—Showing others they are valuable by how you treat them

Basic Truth: I should treat others the way I want to be treated.

1. How many miles to...?

What You Need: Paper, writing utensil, maps app a smart phone

What You Do:

- Ask everyone in the family to think of the farthest place they can think of from your home.
 - It can be a country, a city, a landmark, a grocery store, etc.
- For each location named, look up the distance from your current location and tell each kid how many miles away their location is and write it down.
- Have everyone line up in order of how far away their chosen locations are.

2. Conver"shoe"tion

What You Do:

- Take note of the shoes everyone in your family has and give kids the chance to talk about different kinds of shoes and what those types of footwear are used for.
- Ask: Have you ever heard the saying 'walk a mile in someone else's shoes'? What does that mean to you?

What You Say:

Today in our lesson, we learned to go the extra mile by showing more kindness to someone than they would expect from us.

3. Actions and Words

What You Need: Coin

What You Do:

- Tell kids that you will read a scenario to them from the list below. The answer to how they respond to the cards is based on you flipping a coin.
 - If you flip heads- they answer the situation with Kind Words.
 - If you flip tails- they answer the situation with Kind Actions.
- Choose someone to start and after reading a scenario to them, flip the coin and have the kid to share which kind words or actions they would use in this situation.
- If you feel like a kid's response could be even MORE kind, challenge them to "go the extra mile" and be kinder than they have to be.
- Continue through all the scenarios.

1. The kid you like the least in your class just dropped their lunch tray of spaghetti and meatballs all over the cafeteria floor. Everyone is looking at them and laughing.
2. Your best friend has just admitted he loves the Rainbow Tail My Little Pony® dolls. He is a little embarrassed because his parents said he was too old for them. He likes the bright colors and the surprisingly complex storylines in the comic books.
3. Your cousin from out of town is staying with you in your room. There's your comfy bed, with all your pillows and blankets, and then there's the sleeping bag on the floor.
4. It's your mom's birthday and her favorite food in the world is some fancy French meal that you think is the grossest thing you've ever tasted. But it's time to choose what to have for her birthday meal.
5. Your least-favorite teacher is carrying a box of books to the classroom. They look boring and heavy.
6. You know your grandpa is lonely and he's tried to video call you six times since Tuesday. He's really proud of learning how to use that technology. He tends to talk a lot about things that happened in ancient history. Sometimes it can be boring.
7. Your little sister loves Rainbow Tail My Little Pony® dolls and you've seen they're on sale online. Her birthday is coming up!
8. Your parents come home late from work. You've been finishing your homework and outside chores with the babysitter, but the house is a bit of mess and there's no sign of dinner anywhere.
9. A new neighbor moved in and their empty boxes are still on the sidewalk when you're trying to ride your bike to the park.
10. The kid next door accidentally ran over your soccer ball with his scooter.
11. There's a kid on your team who finally scored a goal after sitting on the bench most of the season.
12. Your neighbor left their trash cans out at the curb for a few days. They're getting in the way of cars.

What You Say:

"Was it hard to think of a way to be even more kind when I challenged you to 'go the extra mile'? (*Invite responses.*) Sometimes, you really have to think hard to come up with ways to **[Bottom Line] be kinder than you have to be.**

"In our Bible story, when Jesus said to **[Bottom Line] be kinder than you have to be**, do you think He wanted us to go the extra mile but have a bad attitude while we do it? (*Invite discussion.*)

"What does your attitude have to do with kindness? Can you do something kind with a bad attitude? (*Invite answers.*)

4. Extra Mile Tic-Tac-Toe

What You Need: Beanbag/item to toss, masking tape, paper, marker, sticky notes (or items to denote teams landing on a spot)

What You Do:

- On each piece of paper, write one of the following in large block letters: TEACHER, FRIEND, SISTER, PARENT, BUS DRIVER, CLASSMATE, GRANDPARENT, BROTHER, GROCERY STORE CASHIER
- Set the papers down in a 3x3 grid for a game of tic tac toe.
- You can tape down the squares if you would like to be sure they stay in place.
- Be sure you have at least two people playing in order to have two teams.
- Give each team a beanbag. Designate one color of sticky note for each team.

- Tape a starting line about four feet from the tic-tac-toe board.
- Explain that each team will take turns tossing a beanbag onto the grid to land on a page.
- The kid who tossed the beanbag will then give one example of how they would show “Extra Mile Kindness” to the person on the page.
- If they give a successful example, place one of their team’s sticky notes on that page to claim it for their team.
- Let teams take turns back and forth.
- The goal is to throw their team’s beanbags to get three in a row.
- The first team to get three in a row, wins!
- Play another round or two, as time and interest allow, reusing sticky notes.

What You Say:

“You gave some AWESOME examples of ways you can **[Bottom Line] be kinder than you have to be** to the people around you. When it comes to kindness, think about that word ‘extra.’ What can you do to be ‘extra’ kind? How can you go above and beyond what’s expected to really make someone’s day?”

“This week, let’s ask God to help us not just show kindness, but to think about extra ways we can help, serve, and love the people around us. Why? Because that’s what God has done for us! He sent JESUS, His one and only Son, so that we could be forgiven. Talk about extra! God didn’t have to send Jesus, but He did! And because God loves you THAT much, we can show others that same love when we choose to do more than we have to do. So remember, when it comes to showing kindness this week, challenge yourself with God’s help to **[Bottom Line] be kinder than you have to be.**”

5. Pray.

What You Need: Index cards and pens

What You Do:

- Give each kid an index card and a pen.
- Have them write “Go the EXTRA mile” on the front of their index cards any way they choose.
- Encourage the kids to place these cards in their backpacks or somewhere they will see them all week long as a reminder to **[Bottom Line] be kinder than you have to be.**

What You Say: “This week, you will have LOTS of chances to show kindness! But will you go the extra mile and **[Bottom Line] be kinder than you have to be?** Let’s ask God to help us with that this week.

“Dear God, thank You for choosing to be kinder than You had to be by sending Your only Son, Jesus. This week, when we’re tempted to just get by and do a little, help us remember how much You love us and to go the extra mile and do MORE to show kindness to the people around us. We love You, God. In Jesus’ name we pray, amen.”

FEBRUARY
2021

Elementary

WEEKLY CUES

YOU GOT
THIS!

Theme

Super Fan: Cheer Each Other On

Kindness is showing others they are valuable by how you treat them.

Week Three

Matthew 5:41
Go the Extra Mile

Say This

Be kinder than you have to be.

Do This



Bed Time

Jesus says that true kindness goes further than just following the rules. It means not only that you don't hit your brother, but maybe you let him take the last cookie. Brainstorm at least three ways you could show kindness where you don't have to during week. Pray that God will show you opportunities to "go the extra mile" each day.

REMEMBER THIS

"You are God's chosen people. You are holy and dearly loved. So put on tender mercy and kindness as if they were your clothes. Don't be proud. Be gentle and patient."
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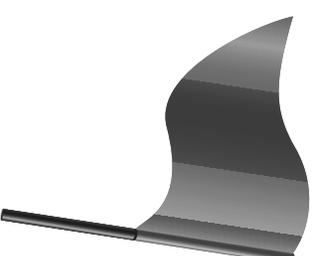
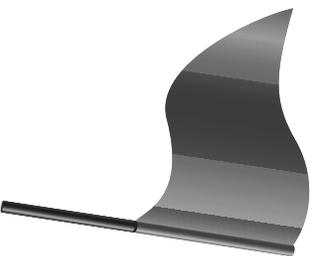


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—Candice Wynn

For blog posts and parenting resources, visit TheParentCue.org

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DAY 1

Read 1 John 3:18

What's the difference between saying something kind and doing something with kindness? Which is more important, saying or doing?

The answer is both. Words matter. When we say what we mean and mean what we say, others can trust us. But when we say something kind but then act in an unkind way, that leads to distrust and hurts the people around us. It's not enough just to use kind words. Our actions should back up our words too. Read the scenarios below. Rewrite the second sentence to show kindness in action.

Shelia says that Taylor is her best friend. But Shelia doesn't invite Taylor to her birthday party.

Micah says, "I love you, mom" as he heads out the door. But when his mom reminds him to take out the trash, he rolls his eyes and lets out a big sigh.

This week, ask God to help you choose words and actions that show others they are valuable to you. **Let's be kinder than we have to be.**

DAY 2

Read 1 Corinthians 13:4

Set a timer for one minute. During that minute, you cannot talk and must sit completely still.

Did you make it the full minute? Could you make it for five minutes? What about 15 or 20? That would definitely be harder. It would require a lot of patience.

When it comes to kindness, patience plays a big part. In order to show kindness and love to others, we need to practice patience.

Set a timer for one minute again. This time, see how many times you can repeat today's verse within that minute. You must clearly say every word, including the reference (1 Corinthians 13:4).

How many times did you successfully repeat the verse in one minute?: _____

Ask God to help you have the patience to choose kindness this week.



DAY 3

Read Romans 12:10

Think about the last time you got into an argument with your sibling or a friend. Do you remember what you fought about? Do you remember what you said?

Arguments and disagreements are normal, especially between people who know each other well or end up spending lots of time together. But kindness is about looking beyond that disagreement or argument to remember how valuable the other person is. Because the person on the other side of you is way more important than winning or making a point.

It is possible to disagree and still be kind.

The key is to put the other person first. So the next time you find yourself arguing, stop. Look the other person in the eye and choose to honor him or her more than whatever point you're trying to make. Ask God to help you be kinder than you have to be.

DAY 4

Read 1 Thessalonians 5:15

Have ever heard the phrase “two wrongs don’t make a right?”

Today’s verse reminds us that instead of paying back a wrong with another wrong, we should we should always try to do what’s best for the other person.

Here’s a little kindness challenge for you. This week, when you find yourself upset or angry and ready to pay someone back, stop and ask this question: **“Right now, how can I be kinder than I have to be?”** Do what’s good for the other person instead. Choose to show the person who’s bugging you that they are still valuable to you.

You’ll probably need lots of help from God with this. Picture the person you tend to argue with the most and ask God to help you stop trying to pay them back and start showing kindness instead.

*Be kinder than
you have to be.*