



Living Our Values in Lockdown

CARING



Caring churches foster a loving attitude that reaches out to others with empathy and accepts them the way they are. They actively serve their good and support them in all areas of life.

- › **Cut out some hearts about 4-5” or 10-12cm across.** Write on each heart “Kindness was here!” and decorate them. Give each person in the family 4-5 hearts a day to leave behind in the places where they do something kind for someone else.
- › **Make a list of different ways to show you care in the family.** Choose activities that take 10 minutes or less. This will give you all lots of ideas for quick and meaningful ways to be kind. Clean someone’s shoes; make everyone a nice drink; lay the table for the next meal; set a tidy-timer and see how much tidying you can all do together in 5 or 10 minutes, etc.
- › **Parents spend one-on-one time with each child every day,** if possible, doing whatever your child wants to do. Tell them how special they are to you: “I’m so glad you’re my son/daughter!” “Being your mum/dad is one of the best things in my life!”
- › **Show you care for your neighbours.** Make a poster for your window to let people know you are praying for them during this pandemic. Or write a positive message on your driveway using pavement chalk.
- › **Make a community pantry.** Place a large, clear, lidded plastic box on the edge of your property. Place some tins and packets of food inside. Invite people who need food to help themselves, and those who have spare food to add it to the box.
- › **Make a list of church members who are living alone, or who are single parents.** Write out your prayer for them in a card, and pack it in a box with food, treats and things that will bring them joy during this time.

Useful links

- › live:kind is a TED initiative for encouraging kindness: <https://ted.adventist.org/family-ministries/live-kind>
- › www.lifestinside.com is a website dedicate to kindness and caring for others.
- › <https://positivepsychology.com/kindness-activities-empathy-worksheets/> Lots of ideas for teaching kindness and empathy to children, and why it is so important.

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