



live:kind

Kindness ideas for children

to do in their family

1. Pray for each person in your family.
2. Cut out some big paper hearts and write on each one: "Kindness was here!" Leave a heart behind whenever you do something kind.
3. Read a story to a younger sibling.
4. Cheerfully obey mum and dad the first time they ask you to do something.
5. Write a love note to mum and dad and hide it in their bed.
6. Draw a picture of flowers (or make a bouquet of paper flowers), put it on the table, and tell mum to pretend that they are real flowers from you.
7. Learn how to do a helpful chore really well, and then do it whenever it is needed.
8. Spend 5 minutes each day doing something to tidy your room.
9. Say thank you whenever your parents have make you a meal.
10. Put your dirty clothes in the laundry basket every day.
11. Lead a short family worship for your family. Act out your favourite Bible story, sing your favourite songs and pray for your family and friends.
12. Set the table before a meal without being asked.
13. Ask mum or dad what you can do to help, and then do whatever they ask.
14. Help a little brother or sister to learn something new, like colours, or letters or numbers. Or listen to them read their school books.
15. Write and decorate a lovely Bible verse, or an encouraging note, and pop it in your mum or dad's work bag.
16. Sort out the rubbish and the recycling and put everything in the right bins.
17. Find some nice toys and clothes that you don't need anymore, and give them to your younger brother or sister, or to a charity shop.

18. Give someone in your family a hug and tell them how much you love them!
19. Make a certificate for your mum or dad, telling them that they are the best parent you could have.
20. When you go shopping with mum or dad – surprise them by NOT asking them to buy anything for you!
21. Put a flower on your mum's pillow.
22. Choose one person in your family. Write out the letters of their first name down the left-hand side of a sheet of paper, and then write positive words to describe them beginning with each of those letters. Kevin – Kind, Encouraging, Virtuous, Incredible, Nice. Decorate the paper and give it to them.
23. Put away each toy you play with before getting out another one.
24. Don't touch your brother or sister's things without asking them first.
25. Tell someone in your family how nice they look.
26. Tell your mum or dad, "I'm so glad I was born into this family! Thank you for having me!"
27. If you make a mistake, tell your parents straight away and tell them that you are sorry. Help to put things right again.
28. Use a little pocket money to buy a treat for mum or dad occasionally.
29. Every time you leave a room, do one thing to leave it a bit tidier.
30. Write thank you notes for your parents on sticky notes and stick them around the house!
31. Make pretend presents for the people in your family. Draw them on paper or make them from scraps. Give out the gifts. Say what the gift is, and then say, 'This is a... I can't afford a real one, but I wanted you to know that I love you so much that I would give you one of these if I could!'