

Sunday morning  
teaching plan

Date:  
31<sup>st</sup> May  
2026

<b>TITLE:</b>	Kindness
<b>THEME:</b>	Living Well
<b>AIM:</b>	To be more aware of the choices they make and how they can actively create kinder relationships, communities, and environments.

### BACKGROUND AND CONTEXT

We live in a world where kindness is talked about a lot, but it can often feel difficult to practise consistently. At school, online, at home, in friendships, and even in churches, people experience both kindness and unkindness every day. Small acts including words, comments, jokes, encouragement, exclusion, messages online, can all deeply affect how people feel about themselves and others.

It is often easier to be kind to people we like or agree with, but much harder when we feel angry, jealous, embarrassed, hurt, or pressured by others.

The Bible teaches that kindness is more than simply being nice. Kindness reflects the character of God and the way Jesus treated people. Jesus showed kindness to those who were ignored, judged, excluded, or considered enemies. Jesus challenges people to show love and kindness not only to friends, but to everyone.

### WARM UP

## Silent Line Up

- Have the group line up according to different criteria, without speaking or making noise.

Examples include: the month they were born, shoe size, height or arrange themselves by hair or eye colour.

The whole team wins a prize if they get it right.

# Kindness

**Ask:**

What they think kindness is?

**Slide 2: Kindness is...**

Kindness is defined as the quality of being friendly, generous, and considerate to others and even ourselves. Showing affection, expressing warmth, concern, and care are all phrases that are associated with kindness. It is often seen as doing good. It can mean putting other people's needs before your own.

**Slide 3: Kindness**

Kindness can be expressed in lots of different ways. We see it when people do nice things for each other. Kindness can be planned (like getting someone a gift) or it can be unplanned (like handing someone something they have dropped on the floor). Kindness is the way in which people show care for each other and look after each other.

**Slide 4: Kind or Unkind**

**Ask:** the group to vote who they would find it easier to be kind/unkind to either by putting their hands up or by moving from one side of the room or another.

**Ask:** Why might this be? Why might we choose to be kind/unkind to certain people?

It is often easier to be kind to people we like, are getting on with, or respect. We know it will help to keep our friendships going. Most of the time we feel it is the right way to respond. However, if we dislike or are prejudiced against someone, or when we are jealous, angry, frustrated or hurt, it is easy to respond with unkindness.

**Slide 5: Matthew 5:45-47.** This has Jesus talking to a crowd of people about the way to live as a Christian. This particular passage suggests that we are kind to others, whether or not we think they deserve it, because that is what God is like. Ask the group how they feel about this. Why do they agree or disagree?

*(Note that God doesn't ask us to remain in relationship with people who abuse or endanger us. This is about how we treat others, including ourselves.)*

**Slide 6: Where do we find it easiest to be kind/unkind?**

**Slide 7:** Do we ever find it easier to be kind/unkind in certain places? Do people ever feel pressured to act differently in certain environments? Why might this be?

Just like with people, certain places may make it easier for us to be kind or unkind.

In recent years there has been an increase in online bullying and trolling. People will often say things online they would never say or do in person. Sometimes our kindness

and unkindness depends on where we are, and who is, or isn't, watching.

**The point:** To explore the ways we can be kind and unkind, and what makes it easier or harder for us to do so.

## Living out Kindness

Ask the group to imagine that they have been elected to be in charge of a group of people who have built a new society to live in. The aim of this new society is to create a country that is first and foremost a kind place to live. They should think about which actions, words and thoughts will be listed as kind and unkind as a guide to the citizens of this new country. Remind them to think about different places like school and home, and different people like friends, teachers, family etc.

If you have enough people, split the group into three smaller groups (or if not then they can do all 3 categories). Give out paper and get them to write the headers of below.

Group 1:

Sheet 1: **Kind Actions**

Sheet 2: **Unkind Actions**

These are things we do to, or for, people.

Group 2:

Sheet 1: **Kind Words**

Sheet 2: **Kind Words**

These are things we say to, or about, people. Encourage the group to generalise rather than use specific words, i.e. racist language.

Group 3:

Sheet 1: **Kind Thoughts**

Sheet 2: **Unkind Thoughts**

These are what we think about people. This can include attitudes or ideas that people think to themselves.

After feedback discuss together if they agree with what the other groups have put down as kind/unkind before summing up the activity at the end.

Learning to distinguish between kind and unkind actions, words and thoughts is important for all of us. Identifying them helps us to explore different ways we can choose to act and think. When we recognise unkindness and kindness it can help us to think through how we can practise kindness rather than unkindness.

Asking ourselves "are my actions, words or thoughts kind or unkind?" helps us to make better choices about how we treat others.

**The point:** To distinguish what kindness and unkindness looks like.

# Kindness bible study

Read the Parable of the Good Samaritan **Luke 10:25-37**, or play this video.

[https://www.youtube.com/watch?v=MLzdQtetedc&ab\\_channel=CrossroadsKids%27Club](https://www.youtube.com/watch?v=MLzdQtetedc&ab_channel=CrossroadsKids%27Club)

**Ask:** What this says about who Jesus says we should show love and kindness to.

Split into pairs and give each pair one minute to come up with a modern day telling of the parable. These could include showing kindness among opposing football fans, those from a different school or part of town, or people with different music tastes etc.

Come back together and share those stories.

Read **Matthew 5:13-16**. This tells us we are like salt and light.

Put the two glasses of water where everyone can see them. Gently drop one of the eggs in one of the glasses and talk about how when we are unkind to people we drag them down. We treat them as if they are below us. Watch as the egg drops to the bottom of the glass.

Take the other glass of water and add salt to it (about 3-4 tablespoons and stir). When we are like salt, we add flavour to the people around us. Gently drop the remaining egg into the glass and watch it float. When we show kindness we lift other people up.

Point out that what Jesus was telling us in these two passages is that our actions make a difference to others. When we treat people with kindness, even if we don't think they deserve it or they're people we wouldn't normally spend time with, we are acting like Jesus did. None of us are perfect, but our acts of kindness help remind us that others are people too, and we are neither below or above them.

**The point:** To demonstrate how acts of kindness impacts others, and Jesus tells us to treat all people like we would like to be treated.

## TAKEAWAY

## EXTRA INFORMATION

Slides printed

Tablet with the parable of the Good Samaritan video

4 eggs

Salt

Clear cups.

Sweet for prizes