

ACTIVITY: "GROWING IN KINDNESS" CATERPILLAR

You will need:

Printout of pages 1–6 on cardstock

Scissors

Scotch tape

You can make a project of looking for ways to grow in kindness every day. Cut out the caterpillar. Follow the instructions below to create your own "Growing in Kindness" caterpillar, then put it on your wall. Each time you do something kind, write what your act of kindness was on a circle of the caterpillar's body; for example, if you helped your little sister pick up her toys you can write, "Helped my sister clean up her toys." Then add that circle segment to your caterpillar; that way you can remember all the ways you showed kindness to others.

See how quickly you can get it to its full length, and if you run out of circles, print out more or create your own, so your kindness caterpillar can keep growing.

Have fun as you grow in kindness!





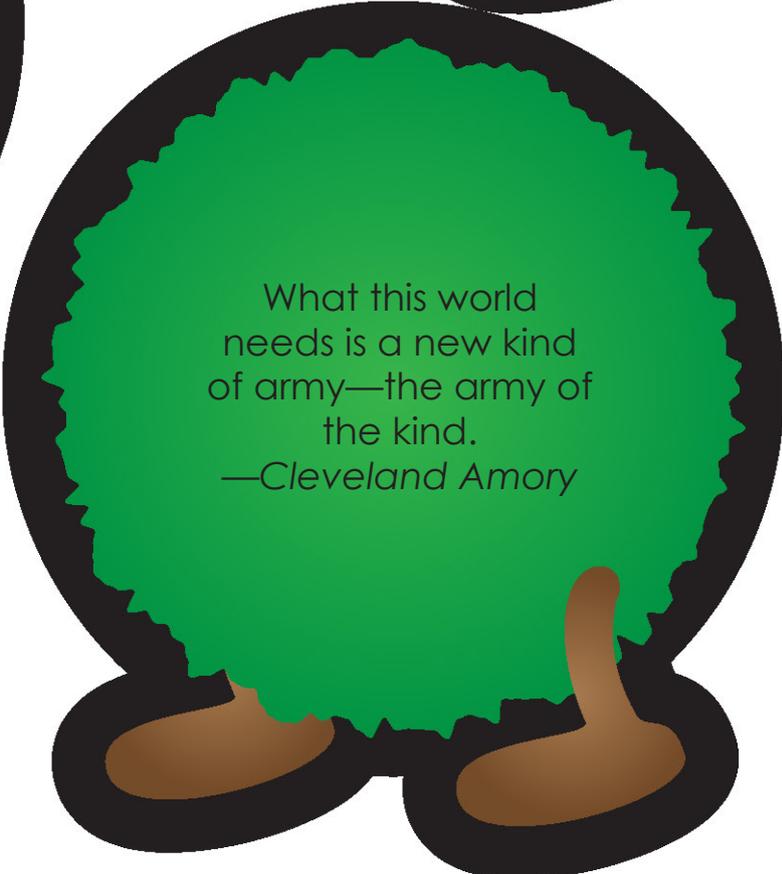
Be kind and
compassionate to
one another.
(Ephesians 4:32 NIV)



No act of kindness, no
matter how small, is
ever wasted.
—Aesop



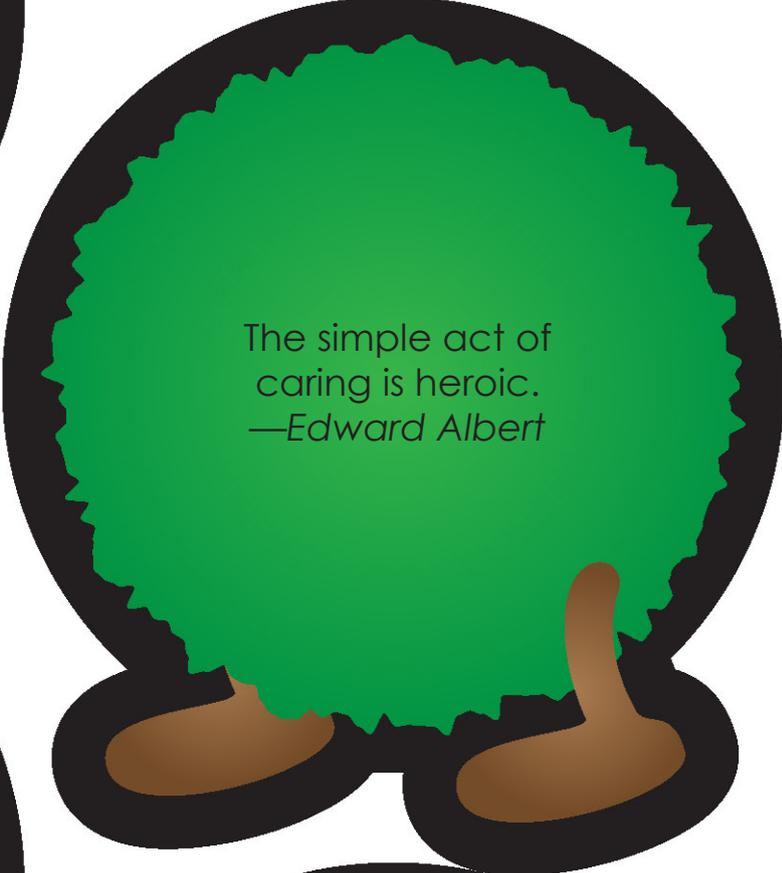
Kindness makes a
man attractive.
(Proverbs 19:22 TLB)



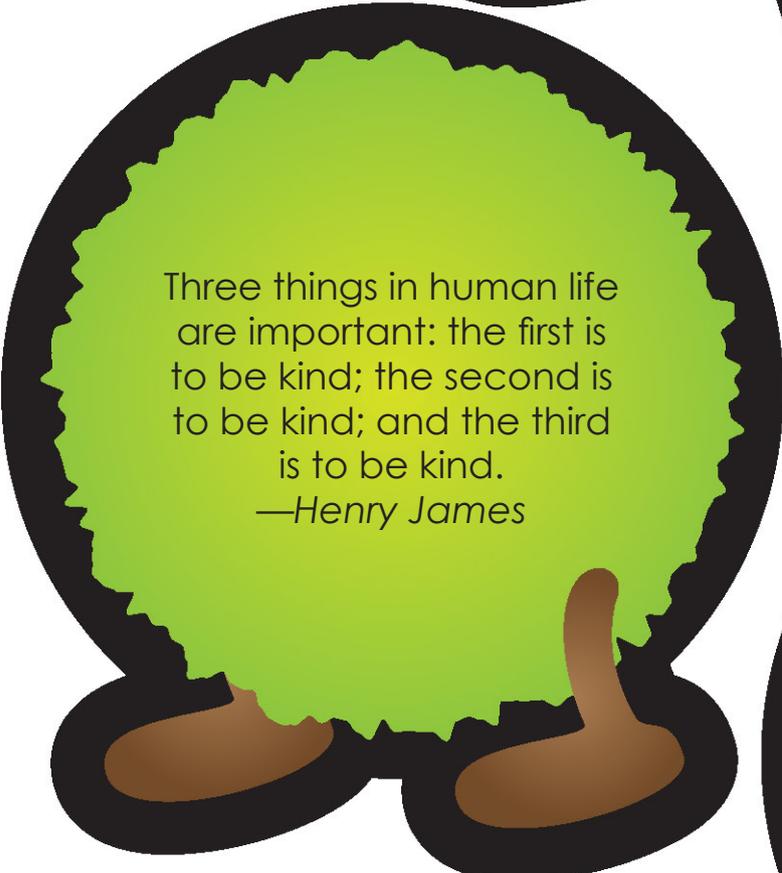
What this world
needs is a new kind
of army—the army of
the kind.
—Cleveland Amory



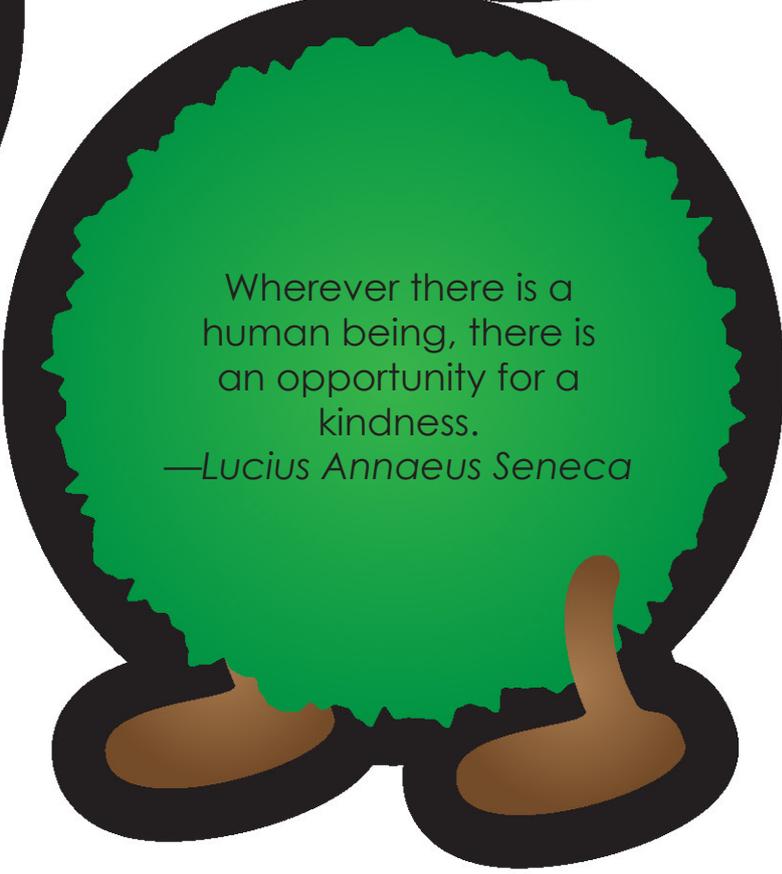
But the fruit of the
Spirit is love, joy,
peace, patience,
kindness, goodness,
faithfulness.
(Galatians 5:22 ESV)



The simple act of
caring is heroic.
—Edward Albert



Three things in human life
are important: the first is
to be kind; the second is
to be kind; and the third
is to be kind.
—Henry James



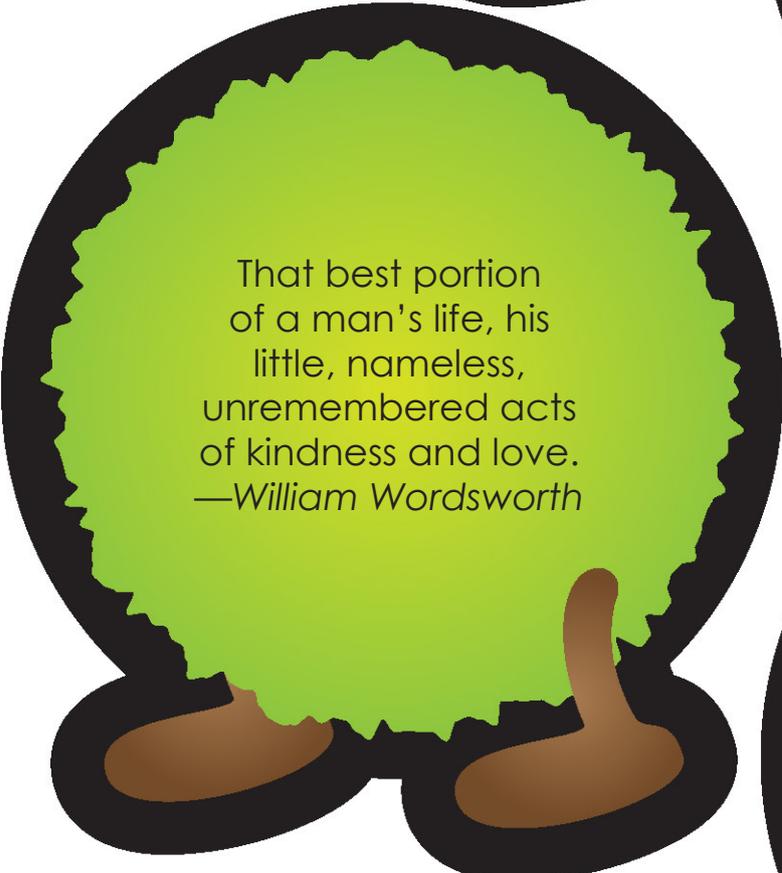
Wherever there is a
human being, there is
an opportunity for a
kindness.
—Lucius Annaeus Seneca



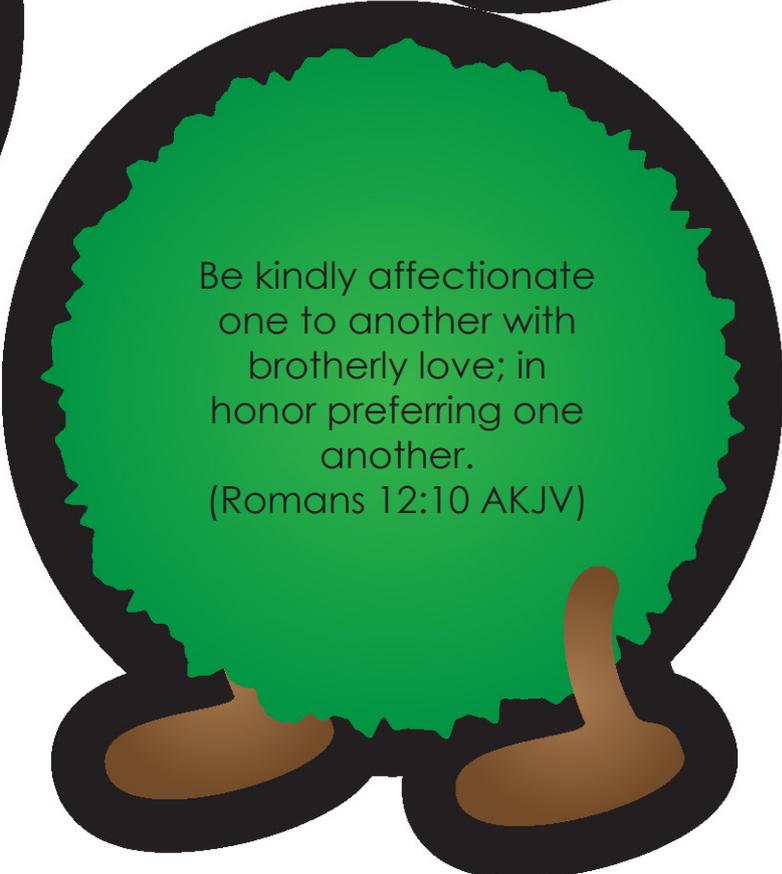
[God] will not forget
your work and the love
you have shown him
as you have helped his
people and continue
to help them.
(Hebrews 6:10 NIV)



How beautiful a
day can be when
kindness touches it!
—George Elliston



That best portion
of a man's life, his
little, nameless,
unremembered acts
of kindness and love.
—William Wordsworth



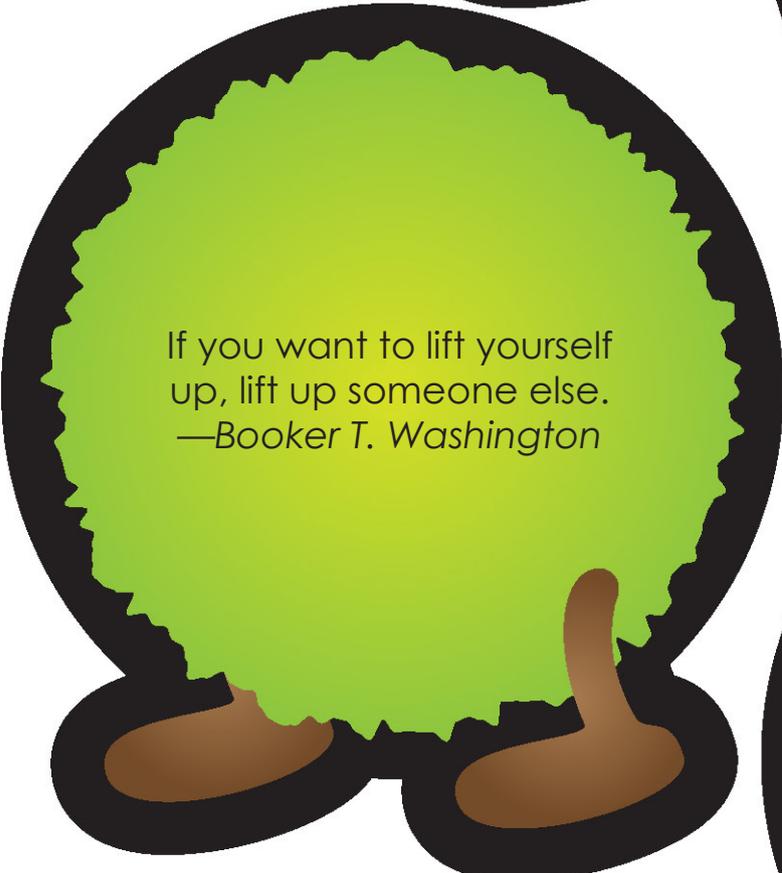
Be kindly affectionate
one to another with
brotherly love; in
honor preferring one
another.
(Romans 12:10 AKJV)



Never be so busy as
not to think of others.
—*Mother Teresa*



Never let loyalty and
kindness leave you!
(Proverbs 3:3 NLT)



If you want to lift yourself
up, lift up someone else.
—*Booker T. Washington*



Those who bring
sunshine into the
lives of others
cannot keep it from
themselves.
—*James M. Barrie*



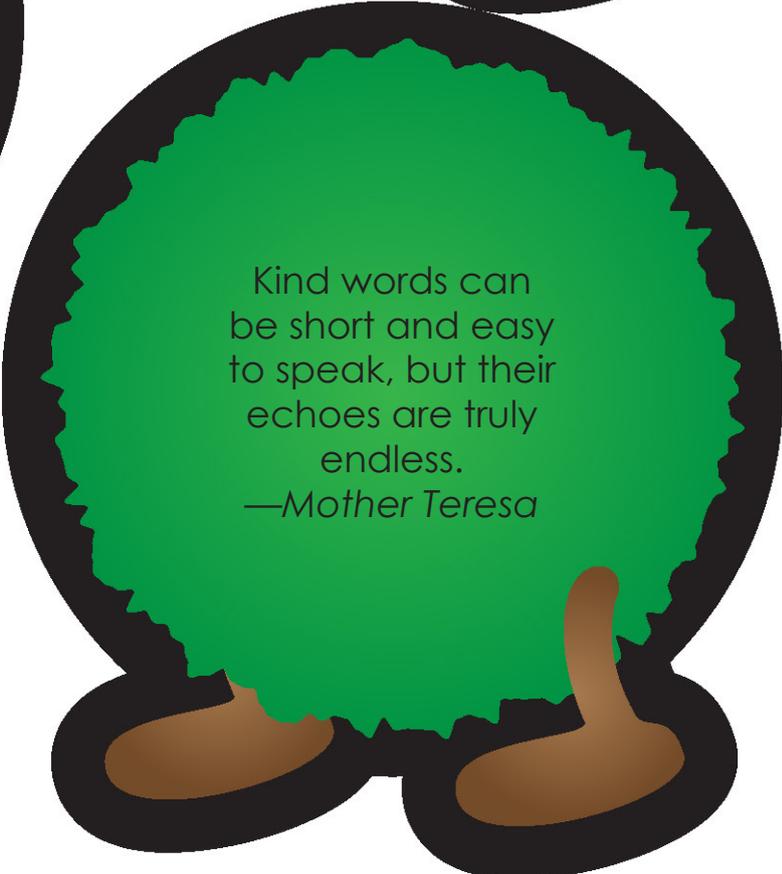
As God's chosen people,
holy and dearly loved, clothe
yourselves with compassion,
kindness, humility, gentleness
and patience.
(Colossians 3:12 NIV)



Be kind to unkind
people. They need it
the most.
—Ashleigh Brilliant



Do your little bit of
good where you are;
it's those little bits of
good put together that
overwhelm the world.
—Desmond Tutu



Kind words can
be short and easy
to speak, but their
echoes are truly
endless.
—Mother Teresa