



# SUMMER OF KINDNESS

Prayer practices, rituals and activities for  
faith formation, wherever you may be

Summer is upon us! Though we enter into what the Church calls "Ordinary Time," we are aware that we live in extraordinary times that require flexibility, playfulness, and kindness.

That's what we hope this resource is for you - flexible curriculum that ignites a playful spirit as we practice kindness. We've included six sections that help us understand kindness better. Each section contains five parts: **Hear, Wonder, Pray, Play, Act**. You can hear the Bible story adapted from Growing in God's Love (or read it yourself), wonder together about the story, offer a short prayer, play a fun game or activity, and then choose an act of kindness (or a few) from the Bingo Sheet! Who can get BINGO first?!

Ministry Leaders can use this as summer programming, an alternative to VBS, Sunday School curriculum, and more. Grownups - parents, guardians, mentors, whatever - can use this in your day-to-day activities with children and youth of all ages. Use all six sections in one week, a month, or all summer long - it's up to you! Choose which parts bring you and your loved ones joy; if that's just the Bible stories, that's great! If it's the Bingo Sheet, go for it! Hear us - whatever you do, during these extraordinary times, it is good and enough!

Blessings to you!

-Rev. Tanya Marie Eustace Camper  
Rio Texas UM Conference

-Rev. Christy Miller White  
Michigan UM Conference

-Rev. Kathy Pittenger  
Michigan UM Conference

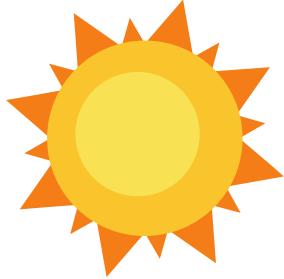
-Rev. Melissa Collier Gepford  
Great Plains UM Conference

# Kindness Bingo

Choose an act of kindness (or a few!)  
and fill in the square.  
Who can get BINGO first?!

Make a card and mail it to someone who has been sick.	Sweep the porch of a neighbor or friend.	Drop off flowers or a plant to someone who needs a cheerful gift.	Make a snack for someone in your home.	Help clean up the yard or neighborhood park.
Help put the groceries away without being asked.	Give someone in your home or social circle a hug.	Collect toilet paper or diapers for a local food bank/shelter.	Read a story to a family member or someone in your social circle.	Write a kind note and leave it where someone will find it randomly.
Put signs of encouragement in your windows or on your mirrors.	Ask someone older than you to tell you a story about their life or memories.	<b>FREE SPACE</b>	Write a note or create art for your local faith leader(s).	Create art to share in your yard. Beautify your neighborhood!
Make art or notes of encouragement and hand them to people when you go out.	Pick up trash in your neighborhood park or a safe area near you.	Make an effort to compliment the people around you. Get creative!	Every time you use water put a coin in a jar. See how much you can collect for water missions.	Help clean up after dinner without being asked.
Make a water stop in your neighborhood for people (and dogs) walking in the heat.	Volunteer to do someone's chores for them. Bonus points if you offer for the whole week!	Leave chalk messages around the neighborhood to encourage others.	Make a list of kind words and see if you can use every one of them during the day.	Tell someone why they are important to you.

# KINDNESS IS WELCOMING



## Listen

Click on the link at the bottom of the page to hear the story of how God Made Sarah Laugh in Genesis 18:1-15; 21:1-7. You can follow along in your copy of *Growing in God's Love* on page 50 or read along in your Bible.

## Wonder

Why did Sarah and Abram prepare this meal for the visitors?

When has someone welcomed you as a friend?

How have you welcomed someone else?

How is God calling you to welcome others now?



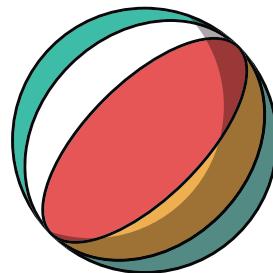
## Pray

*God- thank you for all the people who welcome me. I am grateful for my friends and family. Help me live as Abram and Sarah- welcoming others. Show me ways I can practice hospitality as I treat people with kindness. Amen!*

## Play

Gather two or more people, in person or virtually. One person begins, saying "Ha". The next person says "Ha ha." The next says "Ha ha ha." Continue this pattern, adding a "Ha," for as long as you can without the group bursting into laughter.

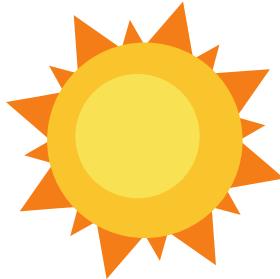
Repeat as many times as you want!



## Act

Don't forget to fill in your Bingo Sheet after your Acts of Kindness!

# KINDNESS IS COMPASSIONATE



## Listen

Click on the link at the bottom of the page to hear the story of how Joseph Helps His Brothers in Genesis 42:1-2; 44:1-5, 16-46:7. You can follow along in your copy of *Growing in God's Love* on page 42 or read along in your Bible.



## Wonder

When have you worried about your family?

How has God protected you?

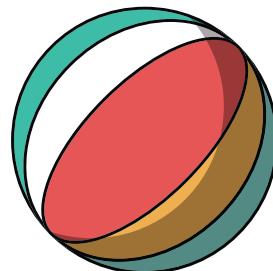
Who in your family or community needs food, shelter, or clothes?

How can you show compassion and kindness to others?



## Pray

*Dear God, thank you for being with me when I am worried or afraid. I am grateful that you protect me and my family. Help me show compassion as I find ways to help others who are in need. Amen.*



## Play

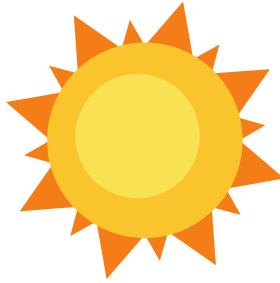
Play charades, but with a twist! Act out emotions for others to guess. This can be done in person or virtually and can help develop social and emotional cues in children.



## Act

Don't forget to fill in your Bingo Sheet after your Acts of Kindness!

# KINDNESS IS CARING



## Listen

Click on the link at the bottom of the page to hear the story of how Miriam Hides Moses in Exodus 2:1-10. You can follow along in your copy of *Growing in God's Love* on page 56 or read along in your Bible.



## Wonder

Who you are in the story?

How do you experience God in this story?

How do the characters care for others in this story?

What is God calling you to do next?

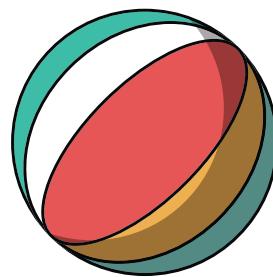


## Pray

*Dear God- thank you for all the people who take care of me. Open my eyes and heart to the needs of others. Help me show kindness as I find ways to care for your people. Amen.*

## Play

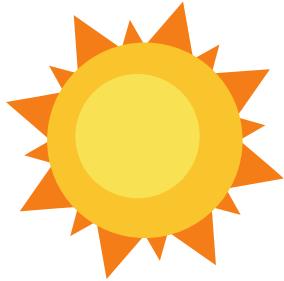
Play Hide and Seek! This can be done socially distanced outside. For a virtual option, gather on a video-based platform, and take turns hiding something in the frame of your video. The first to find the object wins that round.



## Act

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# KINDNESS IS THANKFUL



## Listen

Click on the link at the bottom of the page to hear the story of The Thankful Woman in John 4:1-32. You can follow along in your copy of *Growing in God's Love* on page 236 or read along in your Bible.



## Wonder

Where have your feet taken you this week?

How did you experience God's love?

What are you grateful for?

How do you show gratitude?

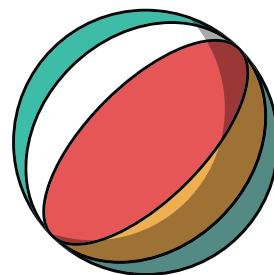


## Pray

*God, thank you for our feet- they take us so many places and help us do so many fun things! Help us use our feet, hands, and whole body to follow you. We give thanks for all the good things in our lives. Help us show gratitude as we treat others with kindness and love. Amen.*

## Play

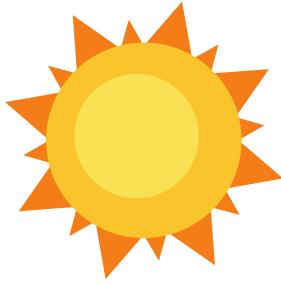
Color Gratitude! Click the square for the virtual spinner. Name something you're thankful for, according to the spinner. For a different way to play, grab some M+Ms and name things you're thankful for according to color! Red: person; Orange: place; Yellow: food; Green: thing; Blue: skill; Brown - memory



## Act

Don't forget to fill in your Bingo Sheet after your Acts of Kindness!

# KINDNESS IS LOVING



## Listen

Click on the link at the bottom of the page to hear the story that helps us Remember to Love in Matthew 22:36-40. You can follow along in your copy of *Growing in God's Love* on page 344 or read along in your Bible.



## Wonder

How do you remember to do important things?

How do you love God? Others? Yourself?

What makes you feel better when you are having a bad day?

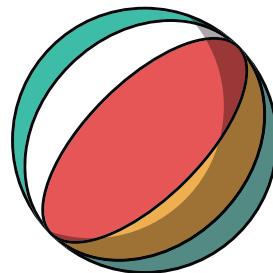
Where do you see others loving God and other people?

How is God calling you to respond?



## Pray

*Dear God, thank you for loving me. Thank you for all the people who share your love with me too. Help me share that love with you and other people. Show me ways to love others. Amen.*



## Play

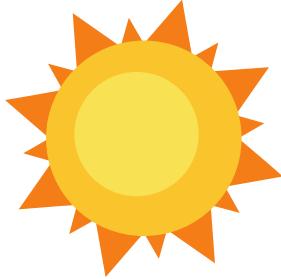
Loving Kindness is magnetic! Make a magnetic maze by following the steps here: <https://gosciencekids.com/magnetic-maze-game-steam/>



## Act

Don't forget to fill in your Bingo Sheet after your Acts of Kindness!

# KINDNESS CAN BE HARD



## Listen

Click on the link at the bottom of the page to hear the story about The Widow of Zeraphath in 1 Kings 17:8-24. You can follow along in your copy of *Growing in God's Love* on page 84 or read along in your Bible.

## Wonder



What surprises did you hear in the story?

How did the widow feel when Elijah asked for help?

Why did the widow trust Elijah?

How did Elijah's kindness change the widow and her son?

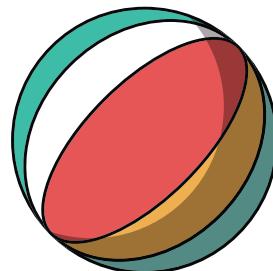
What God is calling you to do next?



## Pray

*God- the world is full of surprises. Some are exciting and others can be hard. Thank you for helpers who show kindness and care even when it is hard. Help me know how to help others when it feels difficult. Amen.*

## Play



Make a Möbius Loop! Follow the steps at

<https://www.kiwico.com/diy/stem/math-made-fun/the-amazing-endless-loop>. It might be kind of hard, but don't give up - you'll be surprised once you're finished!



## Act

Don't forget to fill in your Bingo Sheet after your Acts of Kindness!