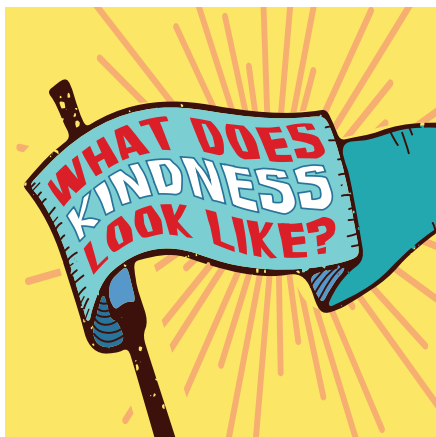


# Journal

**Spend some time thinking about the question below and journal your thoughts or share them with a parent.**



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## Day 1

Go to [Studio252.tv](http://Studio252.tv) and watch this week's episode of The So & So Show.

➡Click on Fun2Watch! then The So & So Show.

**Even if you already saw it at church,  
feel free to check it out again!**

### SO & SO TOP 3

After watching, write one thing that:

1. You liked: \_\_\_\_\_

2. You learned: \_\_\_\_\_

3. You'd like to know: \_\_\_\_\_

\_\_\_\_\_

## Day 2

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### Read Ephesians 4:32

Grab a sheet of paper and your favorite drawing/coloring tools and illustrate Ephesians 4:32.

You can do it word by word, creating emojis for each word, or you can simply create art that represents the heart of this verse: **Be kind to others because God is kind to you.**

## Day 3

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Being kind to others starts when we realize just how kind God has been to us.

One great way to do that is to be intentional about thanking God for the blessings He has given you.

Do you have a diary or a gratitude journal? If not, see if you can find an empty notebook around the house, or just get a few sheets of blank paper and fold them in half. Each day this week, before your feet hit the floor, grab the journal and a pen and write 2-3 ways God has been kind to you. It could be really big things, like giving you a loving family or healing someone close to you, or it could be the small but awesome things, like ice cream or campfires.

After you write down the blessings, take a couple of minutes to thank God for showing you kindness, and ask Him to help you be kind to others too!

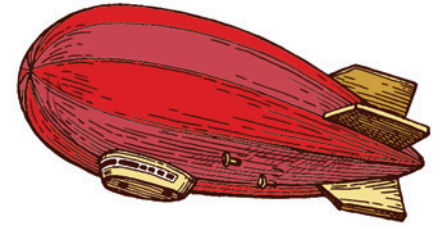
## Day 4

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What do you think about conversation hearts?

You know, those little candies that come out around Valentine's Day that have messages printed on them? Most people either love or hate them but the chalky little candies have the right idea: we should use our words to be kind to each other!

Today, give a "verbal Valentine" to everyone you interact with. Tell a friend something you like about them. Thank a teacher for what she does. Tell your caregiver you are thankful for them. Use your words to show the same kindness to others that God showed to you.



## Day 5

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What does kindness look like?

There are many ways to show others they are valuable by how you treat them—whether it's with your words or actions. Sometimes we just need a little reminder and a little push.

Grab a sheet of paper and cut it into 10 strips. On each strip, write a way you can show kindness to others. Then fold up the strips and put them in some kind of container. Starting today, and for the next three days\*, draw a Kindness Kickstarter out of the container, and then go and live out kindness!

\*Feeling extra kind? Keep going until you've used up all your Kindness Kickstarters!

# Journal

**Spend some time thinking about the question below and journal your thoughts or share them with a parent.**



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**Download the free Parent Cue App**  
AVAILABLE FOR IOS AND ANDROID DEVICES

Preteen

## Week 2



## Day 1

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## Day 2

Read Ruth 1:3-17; 2:8-16

Throughout Ruth's life, we see kindness. Kindness she shows to her family and friends, and kindness others show to her. None of these acts of kindness were without sacrifice though.

As you read Ruth 1:13-17; 2:8-16, think about what each person had to give up to show kindness. Fill in the blanks below with the missing letters to spell out what each person had to give up—or at least risked giving up.

**By sticking with Naomi,**

Ruth gave up her HO\_\_\_ L\_\_\_ N\_\_\_

Ruth gave up her chance to get

\_\_\_AR\_\_\_ I\_\_\_D and have a \_\_\_A\_\_\_ I\_\_\_

**By showing kindness to Ruth,**

Boaz gave up some of his

H\_\_\_V\_\_\_T of B\_\_\_R\_\_\_Y



## Day 3

**One of the best ways you can be kind to others is by praying for them!**

Make a list of the people you're closest to. Include all the family members that live in your house, and the friends you interact with on a daily basis. Then, reach out to each person on the list and ask them how you can pray for them today. Write down their prayer request and then pray.

Praying for the people you're closest to is a great way to show them how valuable they are to you and to God!

## Day 4

**Out of all of the people we interact with each day, the ones it's usually hardest to be kind to are the ones we are closest to.**

Why is that? Perhaps because we don't feel we have to be kind to them—they're going to stick around no matter what. Or maybe because we just get annoyed by being around each other all the time, and when our patience wears thin, our ability to be kind does too.

But the people we're closest to are also the ones that at the end of the day, are the most valuable to us! You probably can't imagine your life without the caring adults in your life, your best friend, or yes, even your brother or sister. Showing those closest to you how valuable they are by being careful with the way you speak to them is one of the best gifts you can give them.

Write the word speak on your left hand and the word kindly on your right. (You can ask someone for help if you need to!) Today, use those words as a reminder to speak kindly to your friends and family.

**Be kind to your family and friends** with the words and way you speak (or don't speak)!

Answers for Day 2: Home Land, Married, Family,  
Harvest of Barley

## Day 5

**When is it hard to be kind?**

Before you read the paragraph below, put your face really close to the paper. Like, so close your nose touches the paper. Then try to read it.

*It's not always easy to be kind, is it? The closer we get, often the harder it is. Sometimes we forget that when we aren't kind, it's like telling others they aren't valuable to us—that their feelings or thoughts don't matter. But most of us would never want our family and friends to feel that way, would we?*

How hard was it to read that paragraph? Pretty tricky, right? You'd think that being closer would make it easier, but sometimes, that closeness makes it more challenging, just like kindness. So how can we be kind, even when it's hard? It's a choice we have to make every single day.

Grab two sheets of paper. On one, make yourself a chart for the week ahead, and for each day, put a person's name that you are close to, and one thing you can do to show them kindness. Then decide what you want your "check mark" to be. It could be hearts, a thumbs up, or a regular check mark. On the other sheet of paper, draw seven of those, and cut them out. Each day that you accomplish your act of kindness, tape one of your check marks to the paper.

It may seem a little strange to make kindness a to-do list, but once you get in the habit of being kind to those closest to you, you won't need a list to remember!

## Journal

Spend some time thinking about the question below and journal your thoughts or share them with a parent.



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## Day 1

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1. You liked: \_\_\_\_\_

\_\_\_\_\_

2. You learned: \_\_\_\_\_

\_\_\_\_\_

3. You'd like to know: \_\_\_\_\_

\_\_\_\_\_

## Day 2

### Read Matthew 5:41

After you read Matthew 5:41, get an adult's permission to go on a little walk. They could go with you, or you can even just walk around the outside of where you live. Before you go, decide exactly how long or far you're going to walk. But now, stop reading this—I mean it! Don't read ahead. Go do your walk, then come back and finish reading.

#### Don't read until you've walked.

Okay, are you back now? Well, go back and do the same walk. Yep, do it again. Well, to be clear, you don't have to, but it would be great if you did! Then come back and finish reading.

That second walk was a little unexpected, wasn't it? (Especially if you didn't read ahead!) Hopefully you enjoyed it, especially since you knew you didn't have to do it. Unexpected kindnesses are like that too! When someone knows you didn't have to be kind, but you did more than was expected, it shows them how valuable they are!

## Day 3

### Being kinder than you have to is not an easy task.

That's why it's great we can ask God for help showing others how valuable they are by going the second mile! Before filling out the prayer below, think about a person or situation where you find it challenging to be kind. Then fill in the blanks out loud and read the prayer out loud.

"Dear God, thank You for being so kind to me. There are so many ways you have been kinder than You have to be; for making me, for loving me, for sending Jesus to be my Savior. I want to show that same unexpected kindness to others. Sometimes I have a hard time being kind

\_\_\_\_\_  
(Name of a person or description of a situation, like "when I'm grumpy")

Please help me, to not just be kind, but to be extra kind by \_\_\_\_\_

\_\_\_\_\_  
(One way you can go the second mile in being kind in this situation or to this person)

Thank You for being kind to me and helping me be kind to others. In Jesus' name, amen."

## Day 4

### Have you ever received unexpected kindness?

What did the other person do? \_\_\_\_\_

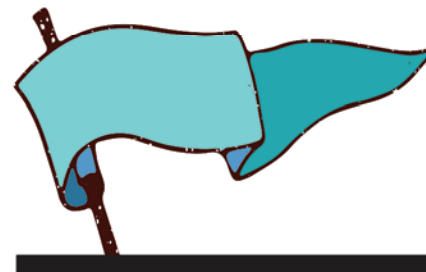
How did it make you feel? \_\_\_\_\_

Sometimes what shows kindness to us doesn't mean quite as much to someone else. For some people, having someone pay them a compliment makes them feel so valuable. For others, it's when someone does something kind for them.

Today, take a poll of your close family and friends. Find out what makes them feel valued. Ask them if they feel most valued by:

- Acts of service
- Words of affirmation/encouragement
- Spending quality time together
- Receiving gifts

Write down everyone's responses, and then save your list for tomorrow!



## Day 5

### Take a look at the list you assembled of your family and friends and their preferred way to be shown kindness.

Pick out a couple of acts of kindness you could do today.

How many of them are things you could repeat? (Like, if your dad feels valued when someone empties the dishwasher — his chore — without asking, maybe you could do it not just one time, but many times!)

Hang this list somewhere you'll see it for a while. Every day, try to pick at least one way to show kindness in a personal way to someone on your list, and then try to do it again another day too! Make showing others how valuable they are a way of life—and especially doing it in ways that means the most to them!



## Journal

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## Day 2

Read Luke 10:25-37

As you read Luke 10:25-37, circle every time you read the word neighbor.

Next, lightly cross through every time you read an example of someone not being a neighbor.

Lastly, underline every time you read an example of someone being a neighbor.

The robbers beat the man.

The priest passed by the man.

The Levite passed by the man.

The Samaritan took pity on the man.

The Samaritan helped the man with his wounds.

The Samaritan took the man to an inn and took care of him.

The Samaritan paid the innkeeper so the man could stay and heal.

The Samaritan was the least likely person to help the man, based on their differences. Yet, he didn't just stop. He also showed kindness by helping the man, taking time to get him to safety, and paying for his care. What an amazing example of how to **be kind to people who are different from you!**

## Day 3

One a piece of paper, write some words that describe you.

On the other side of the paper, label it "others" and write the opposite of—or things that are just different from—those words. So, if you're athletic, maybe in the side you would write artsy, or musical (unless you would describe yourself in that way too!). Try to think of as many differences in yourself and others as you can.

Now, take a few minutes to pray for people who are different from you, using the prayer below.

"Dear God, thank You for making me, me. But thank You for making other people different! Those differences are beautiful. Help me not to be afraid to see the differences in other people, but instead to appreciate the beauty that comes from the unique ways you've made each of us. Please help me to be kind to people that don't act like me, don't look like me, don't talk like me, and don't believe like me. Help me to show people who are different from me just how valuable they are. In Jesus' name, I pray, amen."

P.S. keep this paper around for day five.

## Day 4

Sometimes when people are different from us, we find it intimidating to talk to them.

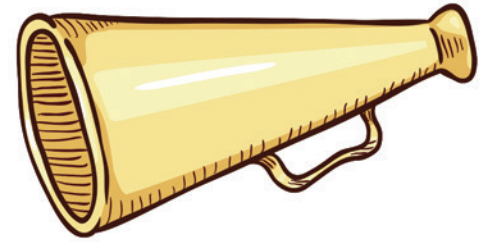
Maybe we're afraid we'll say something wrong, or hurt their feelings without meaning to. Can you imagine, though, if the Samaritan had let his fear of doing or saying the wrong thing hold him back from helping the man attacked by the robbers?

Find a trusted adult and talk for a few minutes about **how can you be kind to people who are different from you:**

- Talk about what it might look like to be kind to someone:
- Who roots for a different sports team
- Who is from a different country
- Who likes different activities than you
- Who is a different race
- Who is a different religion

Share with each other what it looks like to be kind to people who are different from you. (Hint: It's not just about being polite. Sometimes, it means sacrificing your comfort, your resources, or your time to show them how valuable they are!)

Remember: You don't have to be best friends with everyone you interact with, but you do have to be kind, just as God was kind to you!



## Day 5

Look back at your paper from day three.

Look at the "Others" side. Think of one person who embodies a lot of those differences you wrote, and write their name here: \_\_\_\_\_

What is one way you can show that person how valuable they are? Think back on the conversation you had yesterday too. As you try to think of ways to be kind to them, think about what makes them different from you. If they have a hobby or interest that is different from yours, maybe you could go support them by watching their game or performance. If they celebrate different holidays from you, try researching those special days so you can join in their celebration with a special greeting that shows them you care. If you need help figuring out how to be kind to your friend, ask an adult for help!

As you show kindness to people who are different from you, you will discover just how valuable those differences are!