Lesson Plan: “Kindness Begins With Me”

Objectives:
- Talk about President George Albert Smith’s example of how he lived kindness and points us to our Lord’s example.
- Emphasize the ways we can put kindness and charity into action.

Each lesson contains 5 timed activities:

Reverence Time: Song, prayer, scripture and video clip
Lesson Time: Lesson summary and points to ponder
Story Time: Story
Activity Time: Object lesson or activity
Treat Time: Prayer, theme related recipe & music video

Reinforces Principles of:
- Kindness
- Charity

Talk about President George Albert Smith’s example of how he lived kindness and points us to our Lord’s example.
Emphasize the ways we can put kindness and charity into action.
Sing Together: Children’s Songbook #145b, “Kindness Begins with Me”
If you wish to have an online music file to accompany you visit:
http://www.lds.org/churchmusic
(Note: Navigate to the Interactive Church Music Player where you can listen to and print Church hymns and children’s songs.)

Prayer:

Scripture Time: Philippees 2:3-7

3. Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves.

4. Look not every man on his own things, but every man also on the things of others.

5. Let this mind be in you, which was also in Christ Jesus:

6. Who, being in the form of God, thought it not robbery to be equal with God:

7. But made himself of no reputation, and took upon him the form of a servant, and was made in the likeness of men:

Doctrine and Covenants 4:6

6. Remember faith, virtue, knowledge, temperance, patience, brotherly kindness, godliness, charity, humility, diligence.

Video Clip: Watch chapter 2 from The Modern Prophets George Albert Smith DVD.
(Read “George Albert Smith’s Creed of Kindness” aloud as you watch.)
Lesson Summary:

President George Albert Smith is best known for being kind and charitable to everyone. He once said, “I feel sad sometimes when I hear the unkind things that are spoken, not only of people in our Church, but of people in the world. Unkind things are not usually said under the inspiration of the Lord. The Spirit of the Lord is a spirit of kindness; it is a spirit of patience; it is a spirit of charity and love and forbearance and long suffering; and there are none of us who do not need all these virtues that are the result of the possession of the Spirit of our Heavenly Father.” George Albert Smith, Conference Report, Apr. 1937 © Intellectual Reserve, Inc. All rights reserved.

What is Charity? (Discuss ideas)

“How great a thing is charity, whether it be expressed through the giving of one’s substance, the lending of one’s strength to lift the burdens of others or as an expression of kindness and appreciation. ... ‘Charity is the pure love of Christ, and it endureth forever.’ (Moroni 7:47)” Gordon B. Hinckley, Ensign, Nov. 1990 © Intellectual Reserve, Inc. All rights reserved

Can we be charitable and kind even if we don’t have a lot of money? (Discuss ideas.)

“Let each of us be ministers of loving kindness to those who will need us so much. If we will impart of our substance even though it may be but the widow’s mite, we will obtain from him who lives on high the blessings we need in our day here upon the earth. ... The Gospel of Jesus Christ is a gospel of giving, not only of our substance but of ourselves.” George Albert Smith, Deseret News, Nov. 12, 1932.

George Albert Smith’s poor health and weak eyes prevented him from being an athlete or a scholar so he chose kindness to be his specialty.

What are some of the things we can do to follow President Smith’s example of kindness and charity to others? (Discuss ideas.)
Points to Ponder: Why does being kind and charitable make the world a better place? (Discuss ideas.)

“What a joy, what a comfort, what a satisfaction can be added to the lives of our neighbors and friends through kindness. How I would like to write that word in capital letters and emblazon it in the air. Kindness is the power that God has given us to unlock hard hearts and subdue stubborn souls and bring them to an understanding of His purposes.” George Albert Smith

Who should we show kindness and charity to? (Discuss ideas.)

“My brothers and sisters, we are surrounded by those in need of our attention, our encouragement, our support, our comfort, our kindness—be they family members, friends, acquaintances, or strangers. Treat everyone with kindness. We are the Lord’s hands here upon the earth, with the mandate to serve and to lift His children. He is dependent upon each of us.” Thomas S. Monson, Ensign, Nov. 2009 © Intellectual Reserve, Inc. All rights reserved

Quote: Kindness has many synonyms—love, service, charity. But I like the word kindness because it implies action. It seems like something you and I can do.” Betty Jo Jepsen, Ensign, Nov 1990 © Intellectual Reserve, Inc. All rights reserved

“Be the living expression of God’s kindness: kindness in your face, kindness in your eyes, kindness in your smile, kindness in your warm greeting.” ~Susan Hainsworth
Hannah clung to Mother’s hand as they walked towards the temple. She was frightened by the people who were waving protest signs and shouting. Hannah buried her face in Mother’s coat when a scary looking man with a long unkempt beard approached and handed Mother an Anti-Book of Mormon pamphlet.

“Thank you for your concern,” Mother said to the man, “But, I’ve prayed about The Book of Mormon and the Holy Ghost told me it is true. Have you read it?” Mother asked in a kind voice.

“I ain’t going to read a false book filled with lies,” The grumpy man spouted.

“If you change your mind the missionaries in the Visitors’ Center will give you a copy,” Mother responded with a kind voice. “It’s a wonderful book!”

Hannah peaked out from behind Mother’s coat. The man’s face had changed. Instead of looking mean and ornery, he looked forlorn and confused.

Mother reached out shook the man’s grimy hand. “God bless you,” she said, “I hope you change your mind and read The Book of Mormon someday. I promise you it will change your life and bring you closer to our Savior, Jesus Christ,” she added before leading Hannah away through the crowd.

After arriving at the Joseph Smith Memorial Building they slipped into the rest room. Hannah looked at Mother as she washed and dried her hands.

“I didn’t like that man. He was mean. Why did you talk to him and shake his dirty hand?” she asked in disgust.

“Hands can be cleaned,” Mother said, holding her hands up and turning them back and forth for Hannah to see.

Mother took Hannah by the hand and led her out the door and into the grand lobby where they found a bench to sit on and talk.

“Hannah, I know we’ve discussed how you shouldn’t talk to strangers and I could have ignored him, but the spirit whispered to me that we were safe and if I was kind I could help soften that man’s heart. Do you understand?”

While Hannah thought about Mother being kind to the unruly man the spirit whispered the words of a song to her. Smiling at Mother, Hannah nodded, “Yes,” and then quietly sang, “I want to be kind to everyone, For that is right, you see. So I say to myself, ‘Remember this; Kindness begins with me.’”

by Margie Nauta Lee
**What you need:**  
A copy of “Kindness Begins With Me” activity, scissors and tape or glue.  
(If desired also print out posters to hang in your children’s bedrooms.)

**Preparation**  
1. Put letter pages in a stack in order-spelling out kindness-with the (K) on top.  
2. Cut out objects and place on the table.

**Activity:**  
1. Tape letters on a wall while telling the “Kindness Begins With Me” story.  
Let children take turns choosing the right object to tape to the letter.

(K) Karen Kangaroo was playing a game of kick ball with her friends when she noticed Isaac Inchworm watching them and she said to herself, “Remember this, kindness begins with me.”

What can Karen do to be kind to Isaac? (Kick the ball to Isaac.)

(I) Isaac Inchworm was passing out invitations to his birthday party when his best friend said “I’m not coming to your part if you invite Ned Newt.” But, Isaac said to himself, “Remember this, kindness begins with me.”

What should Isaac do to be kind to Ned? (Invite Ned to his party.)

(N) Ned Newt knew Daisy Dalmatian would be a good class president, but if he nominated her the other boys would tease him, but he said to himself, “Remember this, kindness begins with me.”

What can Ned do to be kind to Daisy? (Nominate her for class president.)

(D) Daisy Dalmatian knew Norman Night-owl’s dad had lost his job and they didn’t have very much money for food, so she said to herself, “Remember this, kindness begins with me.”

What can Daisy do to be kind to Norman? (Donate some food to his family.)
(N) Norman Night-owl was tending his little sister and her friend, Elizabeth Elephant. When it was time for them to go to bed he found out Elizabeth was afraid of the dark. So he said to himself, “Remember this, kindness begins with me.”

What can Norman do to show kindness towards Elizabeth? (Lend her his night light.)

(E) Elizabeth Elephant walked into the classroom and saw unkind words written on the chalkboard about Stella Skunk and she said to herself, “Remember this, kindness begins with me.”

What can Elizabeth do show kindness to Stella? (Erase the unkind words.)

(S) Stella Skunk had been taking singing lessons for years and was going to try out for the school talent contest. She found out that Sarah Squirrel wanted to try out too, but she was afraid. So, Stella said to herself, “Remember this, kindness begins with me.”

What can Stella do to be kind to Sarah? (Sing a duet with Sarah.)

(S) Sarah Squirrel and Karen Kangaroo went for a bike ride picnic. When they got to the park Karen realized her lunch wasn’t in her pouch. Sarah was so hungry, but she said to herself, “Remember this, kindness begins with me.”

What can Sarah do to be kind to Karen? (Share her sack lunch.)

2. Ask: Do you think when Karen showed kindness towards Isaac she was being a good example to her friends? (Discuss ideas.)

3. Read: “Kindness, like a boomerang, always returns.” ~Author Unknown

4. Ask: How did Karen’s kindness return to her? (Discuss ideas.)

5. Explain: When we are kind to others we feel good inside and it makes us happy and it makes Heavenly Father and Jesus happy.

“And the King shall answer and say unto them, Verily I say unto you, Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me.” (Matt. 25:45)
WITH ME

Nighty Night!
YOU'RE INVITED TO MY BIRTHDAY PARTY

Nighty Night!

Nominate you!
Prep Time: 5 minutes  
Bake Time: 15 minutes  
Cool Time: 15 minutes

“Kindness” Boomerang Cookies

1 ½ cups butter, softened  
¾ cup powdered sugar  
(Plus extra for dusting tops)  
1 egg  
1 t. vanilla or almond flavoring  
2 ¾ cups flour  
½ cup chopped walnuts or pecans (optional)


Treat Time: Roll 2 tablespoons of mixture into logs on a powdered sugar dusted surface. Bend to make boomerang shapes. Place on parchment lined cookie sheet. Bake 15-20 minutes until edges are lightly browned. Dust with powdered sugar. Transfer to a wire rack to cool.

“Kindness, like a boomerang, always returns.” ~Author Unknown

Closing Prayer and blessing on the food.