

How do you show love to others?

I practice kindness. I am gentle, friendly, and think
about others.

What does God say?

“Don’t ever stop being kind and truthful. Let
kindness and truth show in all you do.”

Proverbs 3:3 ICB

3 Stages of Kindness

1. **Aware:** Be more aware of opportunities to speak kind words and perform kind acts to others. These are opportunities that just pop up during the day with no forethought involved.
2. **Search:** Learn to actively look for opportunities to be kind. These aren’t ‘pop-ups’ but are conscious attempts to look around and find opportunities to be kind throughout the day.
3. **Plan:** To ultimately reach a point where kind words and acts are planned in advance. This person has developed a mindset of kindness. They are not only aware of opportunities or searching for them during the day. They are compelled to plan ways to be friendly, serve, and care for others out of a heart of compassion.
 - a. *Ex: A person knows the lady next door is lonely and feels compassion for her. They think and then plan a way to bless her. They pick flowers and make a card to take over.*

Teaching Objectives

for use in evaluations

1. Students become aware of opportunities to speak kind words and perform kind acts to others in and outside of class. (Stage 1)
2. Some students may achieve a measure of Stage 2 - actively searching for those opportunities.

Be sure to acknowledge and affirm all attempts at kindness as you see them!

***Give stamps for every kind act you see!**

Visible examples of kindness in the gym may include:

Gentle tone of voice
Kind facial expressions and gestures
Thanking others
Letting others go first
Hugging a sad classmate
Talking to a new student / invite him-her to sit next to them

Summer 2022 CT Jr Version: Love: Love Is Kind

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2022 Summer	
LOVE	
June 1 - August 30	
Closed:	
July 4-9: (Independence Day Break)	
Aug 31: (Fall Staff Training)	

June 2022						
Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

July 2022						
Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

August 2022						
Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Story: Milo Learns About Kindness

Main Points Each Week:

Week 1 Intro: Kindness is gentle, friendly, and thinks about others.

Weeks 2 -3: Kind words have superpowers; they can turn sad people into happy people!

Weeks 4-6: Kindness wants to serve needy, lonely people and bring joy to them.

Weeks 7-9: Kindness is gentle, never mean or cruel.

Weeks 10-11: Kindness forgives others because they remember others have forgiven them.

Week 12: Kindness is gentle, friendly, and thinks about others.

Kind Words Make the Heart Happy

Week 1: Chubbleton cats in the office / Supplement 1

Week 2: Add all pictures to wall

Week 3: Introduce the "Kindness" song from Music Machine. / Handout: Supplement 2

Kindness Brings Joy

Week 4: Add all pics to wall

Week 5: Supplements 3a and 3b

Week 6: Handout: Supplement 4

Kindness Is Better Than Anger

Week 7: Add all pics to wall

Week 8:

Week 9: Handout: Supplement 5

Kindness Is Forgiving

Week 10: Add all pics to wall

Week 11:

Week 12: Review week. Have visuals separated and ready to play **Who Remembers**. Phones ready for pics and videos / Stickers "I Will Be Kind"

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Week 1: June 1-4 (Mon & Tues miss class. Week 1 has no story)

1. **Intro:** This season we’re going to learn how we can show love to others. There’s actually lots of ways we can do this. What are some ways you show your parents you love them? *(answers) Your friends? Your pets? We’re going to practice one important and powerful way we can show love to others. Do you have any guesses about what that might be? (Love is kind)*
2. **Teach and repeat the declaration, verse, and sign language several times.**
3. **Lesson 1: Kindness is gentle, friendly, and thinks about others.**
 - a. What does it mean to be **gentle**?
 - i. *Being calm; doing things in a quiet and careful way; not rough*
 - ii. *Can you show me how to be gentle with Chubbleton? (pass him around)*
 - b. What does it mean to be **friendly**?
 - i. *Behaving in a pleasant way because you like someone or want to help them; welcoming others instead of ignoring them*
 - ii. *What are some ways you can be friendly? (sharing, listening to their ideas, asking if they need help, sitting next to a new person in class, smiling at people!)*
 - c. Love is kind, which means it **thinks about others**. *(Supplement 1)*
 - i. *What do you think is happening in this picture? (Looks like the three of them are going skateboarding but one of them can’t)*
 - ii. *How do you think the boy with the broken arm feels? (sad, left out, unloved...)*
 - iii. *How could you show kindness in this situation? (ask him to come along and take videos; bring a frisbee or soccer ball and each boy takes a break from skating to play with him; decide to go to the playground instead; ask him what he would like to do...)*
4. **Dismissal:** Practice declaration, verse, and sign language once more.

Kindness is gentle, friendly, and thinks about others.

Planning Notes:

Summer 2022 CT Jr Version: Love: Love Is Kind

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Week 2: June 6-11

1. **Practice declaration & verse along with sign language.**
2. **Lead-in:**
 - a. Who remembers what we’re learning about this season? (*Review declaration + Supplement 1*)
 - b. Today we’re going to meet Milo. Listen to the story to see how he uses kindness to help his friend.
3. **Lesson 2: Kind words have superpowers; they can turn sad people into happy people!**
4. **Listen to Chapter 1 of story and show pictures: *Kind Words Make the Heart Happy***
5. **Questions (Choose one or more that best fits your class)**
 - a. (*Show picture 1*) What is wrong with Kevin?
 - i. *He’s worried that he won’t be able to go to soccer camp because he just got out of his cast.*
 - b. How do you think Kevin feels when Milo first sees him?
 - i. *Sad, depressed, and sure he’s going to have a terrible summer.*
 - c. How does Milo feel when Kevin tells him what’s wrong?
 - i. *He feels bad for him.*
 - d. Does Milo say, “Too bad. Maybe you can go next year.”? (*NO!*) What does he do?
 - i. *He thinks until he finds a way to help his friend.*
 - e. (*Show pics 2 & 4; compare Kevin’s face*) What changed Kevin from a sad, depressed boy to a happy, excited boy?
 - i. *Milo’s kind words and offer to help Kevin be ready for camp cheered him up.*
6. **Here’s what God says about kind words:**
 - a. *“Worry makes a person feel as if he is carrying a heavy load. But a kind word cheers up a person.” Proverbs 12:25*
 - i. *Kind people want to help others. That’s why Milo was quiet and thought hard until he found a way to help Kevin.*
7. **What do you think?**
 - a. Can you think of things you could say to cheer up your friend if they couldn’t go to a birthday party because they were sick?
8. **Dismissal:** review the verse and say the main point together:

Kind words have superpowers; they can turn sad people into happy people!

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Week 3: June 13-18

1. **Practice declaration & verse together**
2. **Lead-in: Introduce the “The Kindness Song.”**
 - a. *Decide whether to just play it or begin teaching motions.*
3. **Lesson 3: Kind words have superpowers; they can turn sad people into happy people!**
4. **Review the chapter using pictures: *Kind Words Make the Heart Happy***
5. **Questions (Choose one or more that best fits your class)**
 - a. *(Show pic 2)* What did Milo remember as he was thinking hard about how to help Kevin?
 - i. *Lily had broken her foot before her ski trip but she worked hard to make it strong so she could go.*
 - b. Kevin was *only* thinking about how bad his summer was going to be and was sure he couldn’t do anything. How did Milo’s words help change Kevin’s mindset?
 - i. *Milo’s words were true. He gave Kevin a real life example of how he could get better.*
 - ii. *He didn’t just try to make him laugh or feel better for a few minutes. He inspired him to see what could really happen - and he even promised to help him every day until camp.*
6. **What do you think?**
 - a. *(Point to Kevin’s face on the first two pics, then the last two)* Look at Kevin’s face in these pictures. Why do you think words are like superpowers?
 - i. *They can change people from sad to happy. They give people hope, something to look forward to, and bring back joy into people’s lives.*
7. **Dismissal:** review the verse and say the main point together:

Kind words have superpowers; they can turn sad people into happy people!

Handout: Supplement 2 - Maze

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Week 4: June 20-25

1. Practice declaration & verse together

2. Lead-in: Kindness Song (after point a)

- a. We’re going to listen to the kindness song we’re learning. The song tells us that kindness has special powers. Listen carefully and see if you can find out what powers it has. (*Listen*)
- b. What special powers does kindness have that they sang about?
 - i. *Kindness can make others happy / change others inside / make others feel important / and even turn them into kind people too!*
- c. In today’s story, you’re going to see the special power kindness has on someone.

3. Lesson 4: Kindness wants to serve needy, lonely people and bring joy to them.

4. Listen to Chapter 2 of story and show pictures: *Kindness Brings joy*

5. Questions (Choose one or more that best fits your class)

- a. What did Milo notice when he and his dad were on the front porch?
 - i. *Ms. Daly’s yard was a mess and would look bad for the parade next week.*
- b. Why was her yard looking so bad?
 - i. *Her husband had died and she was too old to do all the work herself.*
- c. How did Ms. Daly look and feel when Milo first saw her?
 - i. *She looked tired and she was very sad. She felt embarrassed about how bad her yard looked.*
- d. (*Point to Ms. Daly in pic 4*) How does Ms. Daly look in this picture?
 - i. *Happy; not tired anymore*

6. What do you think?

- a. How do you think Ms. Daly feels in this last picture compared to how she felt when Milo first saw her?
 - i. *“Loved and special” - just like our song says.*
- b. Do any of you know an older person who lives alone? Can you think of one way to make them feel loved and special?
 - i. *Visit them; take them flowers; walk their dog; offer to sweep the garage or take out their trash; invite them to come to dinner....*

7. Dismissal: review the verse and sign language; say the main point together:

Kindness wants to serve needy, lonely people and bring joy to them.

Planning Notes:

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Week 5: June 27-July 1 (Closed July 4-9)

1. Practice declaration & verse together

2. Lead-in: Did anyone practice being kind this week by being gentle, friendly, or thinking of others?

- a. There’s lots of ways we can be kind to people. For instance, what would you do if you saw this happen in the grocery store? *(Supplement 3a)*
- b. And what do you think about this picture? *(3b)*
 - i. *Kind people are always looking out for others and thinking about ways to be friendly or helpful.*

3. Lesson 5: Kindness wants to serve needy, lonely people and bring joy to them.

4. Review the chapter using pictures: *Kindness Brings joy*

5. Questions (Choose one or more that best fits your class)

- a. Did Milo’s dad **have** to go over and see why Ms. Daly’s yard was a mess? *(no)*
- b. Why do you think he said, “Why don’t we go ask?”
 - i. *He **cared** about her. He was thinking about **her** feelings and that she was probably lonely and needed help.*
- c. What reason did Dad give Milo as to *why* they were going to help her?
 - i. *“God tells us in the Bible that we are to help the needy and the widows.”*
- d. Do you know what a widow is?
 - i. *A widow is a woman whose husband has died. Many widows feel very lonely and need help.*

6. What do you think?

- a. Do you think Ms. Daly is going to need help after July 4th?
- b. How could Milo and his dad show kindness to Ms. Daly when the big day is over?
 - i. *Keep the flower garden weeded the rest of the summer; wash the windows before fall; invite her over or go visit her and talk with her; go for a walk with her...*

7. Dismissal: review the verse and say the main point together:

Kindness wants to serve needy, lonely people and bring joy to them.

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Week 6: July 11-16

1. Practice declaration & verse together

2. Lead-in: Did everyone have a fun 4th of July? Did any of you practice being kind? Is it always easy to be kind to others? (*no*) Can you think of a time when it was hard to be kind to someone?

- a. *Is it hard to be kind when your baby brother or sister keeps knocking over your toys? Or when someone keeps copying whatever you say or do? Coaches - share a time when it was hard for you to be kind.*

3. Lesson 6: Kindness wants to serve needy, lonely people and bring joy to them.

4. Review the chapter using pictures: *Kindness Brings Joy*

5. Questions (Choose one or more that best fits your class)

- a. Do you like to go outside when it’s *really, really* hot and weed the garden or do other chores for several hours?
- b. (*Pics 1 & 3*) Do you think it was easy work to change Ms. Daly’s yard from this to this?
- c. Did anyone get paid money for doing that hard work? (*no*)
- d. Then why did Milo, his dad, and some neighbors do all that work on a hot day for free?
 - i. *People with a kind heart are generous. They care about others and can’t just close their eyes and walk away.*
 - ii. *They serve because they **want** to, not because someone **made** them do it. They serve even though it may not be easy.*

6. What do you think?

- a. Do you think Ms. Daly would have felt as loved and cared for if she had paid a yard company to come and mow her lawn?
 - i. *The yard company would make her lawn look good, but she would **still feel lonely and sad**. People need other people - not companies - to show kindness and love. That’s what makes them feel important - just like our song says.*

7. The Bible tells us: “Your love has given me much joy and comfort, my brother, for your kindness has often refreshed the hearts of God’s people.” Philemon 1:7

8. Kindness Song

9. Dismissal: review the verse and say the main point together:

Kindness wants to serve needy, lonely people and bring joy to them.

Handout: Supplement 4

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Week 7: July 18-23

1. Practice declaration & verse together

2. Lead-in: Who has a dog or cat? Do you ever get mad at them? What do you do when you get angry with them?

- a. Today we have a new story about Milo and his dog, Luna. Milo is having a problem with Luna. I wonder if any of you have ever had this same problem?

3. Lesson 7: Kindness is gentle, never mean or cruel.

4. Listen to the chapter and show pictures: *Kindness Is Better Than Anger*

5. Questions (Choose one or more that best fits your class)

- a. What problem did Milo have with Luna?
 - i. *She wouldn't bring the frisbee back.*
- b. What did Milo do?
 - i. *Got angry and tried to hit her with a stick!*
- c. Do you remember the bible verse Milo's mom told him?
 - i. *"Good people are kind to their animals, but a mean person is cruel."*
- d. Do you know what it means to be cruel?
 - i. *It means you **want** to hurt someone else and you **like** doing so.*
 - ii. *Kindness is completely the opposite. Kindness wants to do **good** to others and really **likes** doing so.*

6. What do you think?

- a. We all get mad sometimes. What do you think would be a kind way for you to act the next time you get mad at your pet or another person?
 - i. *Speak in a soft voice instead of yell; walk away and think before you hurt them; pray and ask God to help you stay calm; ask for help from an adult if you need to*

7. Dismissal: review the verse and say the main point together:

Kindness is gentle, never mean or cruel.

List any outward signs you have observed in your students that indicate progress in the objectives.

How will you encourage more growth?

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Week 8: July 25-30

1. Practice declaration & verse together

2. Lead-in: Kindness Song

- a. That song tells us to love others like God loves us. How does God show His love to us?
 - i. **He creates** good things for us to enjoy, like animals, birds, trees, flowers and oceans.
 - ii. **He gives** us good people to care for us and love us, like parents and grandparents.
 - iii. **He forgives** us when we do wrong things, if we ask, and teaches us the right way to live.
 - iv. We can be like God when we **create** ways to be kind to others, **give** love and care to others, and **forgive** others when they do wrong to us.

3. Lesson 8: Kindness is gentle, never mean or cruel.

4. Review the chapter using pictures: *Kindness Is Better Than Anger*

5. Questions (Choose one or more that best fits your class)

- a. *(Pic 2)* What is Milo’s mom telling him that the Bible says about treating animals?
 - i. “Good people are kind to their animals, but a mean person is cruel.”
- b. Why did God create animals?
 - i. So people could enjoy them - especially those we have for pets.
- c. How is Milo’s mom showing kindness to him?
 - i. She shows him how to be kind to Luna and teaches him what the Bible says is the right way to love and be kind to our pets.

6. What do you think?

- a. *(Pic 2)* How do you think Milo feels in this picture?
 - i. He feels bad for what he has done. He knows he was wrong.
- b. How can you get rid of those bad feelings when you know you did something wrong?
 - i. Just like Milo - the only way to get rid of those feelings is to admit you did wrong and then ask the other person to forgive you. (Or, in Milo’s case, his dog!)

7. Dismissal: review the verse and say the main point together:

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Week 9: August 1-6

1. Practice declaration & verse together

2. Lead-in: *(Supplements 6a, 6b, 6c)*

- a. What good things are happening in these pictures *(6a, 6b)*?
 - i. *No good things! The Bible tells us in Proverbs that "a gentle answer makes anger disappear, but a rough answer makes it grow."*
- b. How do you think these people feel?
 - i. *Angry, sad, maybe scared*
- c. How do you think the family in this picture *(6a)* can change to be like the family in this one *(6c)*?
 - i. *If they remember that kindness is **gentle**, they will try to be calm and quiet.*
 - ii. *They will be **friendly**, so they'll listen carefully to others without interrupting.*
 - iii. *They will **think about the other people's feelings** and try to understand what's bothering them instead of only shouting their own thoughts.*

3. Lesson 9: Kindness is gentle, never mean or cruel.

4. Review the chapter using pictures: **Kindness Is Better Than Anger**

5. Questions (Choose one or more that best fits your class)

- a. *(Pic 1)* Is Milo controlling his anger in this picture or is his anger controlling him?
 - i. *His anger took over! The Bible tells us, "Don't sin by letting anger control you."*
- b. Why should we control our anger?
 - i. *If we don't, we may say or do something that will hurt others.*
 - ii. *God tells us, "If you are angry, you cannot do any of the good things God wants done."*
- c. What can you do when you feel angry?
 - i. *First - stop and think. Maybe count to 10 or take a deep breath.*
 - ii. *Then - "You should be quick to listen and slow to speak or to get angry." James 1*

6. What do you think?

- a. Do you think it's ok to be angry sometimes?
 - i. *Anger is not always wrong. If someone kicks your dog for no reason, you'll be angry! But it would be just as wrong to let your anger control you and kick their dog back. It would be better to quickly walk away. If that person was supposed to be your friend, you may want to think about changing friends! Choose people who are kind to be your friends, not cruel people.*

7. Dismissal: review the verse and say the main point together:

Kindness is gentle, never mean or cruel.

Handout: Supplement 5

Planning Notes:

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Week 10: August 8-13

1. Practice declaration & verse together

2. Lead-in:

- Did you ever have a favorite toy that someone broke? Or have you built something like a sand castle or Lego kit and then someone kicked it down or stepped on it? How did you feel?
- In our story today, something like that happens to Milo and he has to make a hard choice. Would you make the same choice? Let’s listen.

3. Lesson 10: Kindness forgives others because they remember others have forgiven them.

4. Listen to the chapter and show pictures: *Kindness Is Forgiving*

5. Questions (Choose one or more that best fits your class)

- What made Milo so angry?
 - Kevin broke his new bat.
- What did he tell his dad he was going to do?
 - He would never play with Kevin again!
- What did Kevin do a little while later?
 - He felt bad for breaking the bat; came to say he was sorry; was going to buy a new one.
- Did Milo **feel** like forgiving Kevin after he got the new bat? (no)
- Why did he change his mind?
 - He thought about the times his mom and dad had forgiven him when he did wrong.
 - He realized that because his parents forgave him, they could be happy living together.

6. What do you think?

- What do you think you would do if you were Milo and your friend just broke your new toy?

7. Kindness Song (if time)

8. Dismissal: review the verse and say the main point together:

Kindness forgives others because they remember others have forgiven them.

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Week 11: August 15-20 (This is the last full lesson. Week 12 will be for quotes of what kids learned, videos, pictures.)

1. Practice declaration & verse together
2. Lead-in: Kindness Song
3. Lesson 11: Kindness forgives others because they remember others have forgiven them.
4. Review the chapter using pictures: ***Kindness Is Forgiving***
5. Questions
 - a. What did Milo do during that week when he wasn't playing with Kevin?
 - i. *Played alone or with Luna, his dog.*
 - b. By choosing *not* to forgive Kevin, did Milo make himself feel better and happier? (*no*)
 - c. Did Milo ever need to be forgiven? (*yes*)
 - d. Did Kevin ask Milo to forgive him? (*yes*)
 - e. What happened when Milo decided to forgive Kevin?
 - i. *They became friends again.*
 - f. Do you know *anyone* who never does anything wrong? (*no*)
 - i. *Every single person on this whole planet has done wrong things. The only person who has ever lived a perfect life is Jesus, God's Son.*
 - ii. *Jesus came from heaven to earth to die for all the wrong things we have done so that we can be forgiven by God.*
 - iii. *We have all done things God has told us not to do - lie, cheat, be mean and selfish.*
 - iv. *When we ask God to forgive us, He takes those sins away and we can become friends with God again.*
6. What do you think?
 - a. The next time you know you have done or said something that hurts another person, what do you think you will do?
 - i. *God tells us what to do: "Be kind and loving to each other. **Forgive each other** the same as God forgave you through Christ."*
7. Dismissal: review the verse and say the main point together:

Kindness forgives others because they remember others have forgiven them.

Planning Notes:

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Week 12: August 22-27 & 29-30

1. Practice declaration & verse together
2. Today's main point: **Kindness is gentle, friendly, and thinks about others.**
3. **Lead-in:** It's our last week learning about kindness so we're going to play a game called ***Who Remembers!***

Coaches: How to play:

1. Turn all visuals (except supplements) face down on the floor.
2. Review lesson points on each of the supplements then line them up against the wall.
3. Have kids sit in a circle around the visuals and let a student pick one up and show it to everyone.
4. Coach asks: "Who remembers what this picture is about?" Or ask a more specific question like, "Who remembers why (*character's*) face is so sad in this picture?"
5. Ask which lesson point it is connected to.
6. Set that visual under the correct lesson point.
7. Go around the circle until everyone has picked one up. Do more than one if time.

4. Finish with the Kindness Song

- If possible, take videos and pictures, some having students' faces and holding visuals.
 - Pick students to hold up supplements
- Questions you can ask and record:
 - What does it mean to be kind?
 - What was your favorite story?
 - What are some ways you can be kind to your friends?

Dismissal: review the verse and sign language; say the main point together:
Kindness is gentle, friendly, and thinks about others.

Handout: Milo-Luna stickers

Name _____ On a scale of 1 - 5, rate how well your students did in general in reaching the objectives and explain why you chose that number. Add any other feedback that might make CT better. Give this to Rebecca before week 1 of next season. Thank you!

1 2 3 4 5
