

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

Teaching Objectives

for use in evaluations

1. Encourage kind words that uplift classmates.
2. Encourage kind actions.
3. If necessary, mediate extending forgiveness. (Lessons 10-12)

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

Spring 2025 CT Jr Version: Love Is Kind

2025 Spring

LOVE

March 3 - May 31

Closed:

March 3 (Staff Training)

April 18-19 (Easter Weekend)

May 26 & 29 (Memorial Day & Staff)

May 18: Starwatch Student Show

March 2025						
Su	M	Tu	W	Th	F	Sa
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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					

April 2025						
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

May 2025						
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

Stories:

Week 1 (Intro - no story)

- Lesson Point = Kindness is gentle, friendly, and thinks about others.
 - Week 1: Supplements 1a,b,c

Weeks 2-3

- Lesson Point = Kindness speaks words that lift the sad-hearted.

Stories:

- Week 2: New Hope for Kevin / Handout
- Week 3: Good Friends for Brenda

Weeks 4-6

- Lesson Point = Kindness is caring and helpful whenever possible.

Stories:

- Week 4: Kindness Brings Joy
- Week 5: Two Lost Guinea Pigs / Handout
- Week 6: The Headache

Weeks 7-9

- Lesson Point = Kindness is gentle, never mean or cruel.

Stories:

- Week 7: Kindness Is Better Than Anger / Handout
- Week 8: The Chicken Lesson, Part I
- Week 9: The Chicken Lesson, Part II

Weeks 10-12

Lesson Point = Kindness is forgiving.

Stories:

- Week 10: The Broken Bat, Part I
- Week 11: The Broken Bat, Part II / Handout
- Week 12: The Danger of Unforgiveness

Spring 2025 CT Jr Version: Love Is Kind

Week 1: March 10-15

Be an APT CT COACH: Was I Animated? Was I Prepared? Did I Tie it to life today?

1. Practice declaration & verse

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

2. Lesson 1: Kindness is gentle, friendly, and thinks about others.

3. **Intro:** This season we're learning what it means to be kind and how we can show kindness to family, friends, others, and even people we don't like! Today, we'll talk about three ways we can show kindness that our stories will be about this season.

- a. **Kindness is gentle.** Another word for gentle is meek. Gentle or meek people know how to control their strength. (show & read supplement Week 1a)
- b. **Kindness is friendly.** Kind people are careful about things they say to others so they don't sound mean or rude. They make others feel like part of the group or class. (show/read Week 1b)
- c. **Kindness thinks about others.** Kind people think about how others feel. (show/read Week 1c)

4. Gym Application:

- a. You can practice kindness today by thinking about your classmate who is waiting for their turn to get on the equipment you're on. Do what the coach tells you to do then get off and go to the next station when it's time so the next person can have their turn.

5. Remember: Kindness is gentle, friendly, and thinks about others.

Planning Notes:

Spring 2025 CT Jr Version: Love Is Kind

Week 2: March 17-22

Be an APT CT COACH: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

1. Practice declaration & verse

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

2. **Intro:** Sometimes people get really sad or mad because they think there’s nothing they can do to fix a problem. But then a friend comes along, listens to them, and thinks of a way to solve that problem. All of a sudden that person feels so much better - just because someone cared about them and spoke some kind, helpful words. That’s what Milo does for his friend in our story today.
3. **Lesson 2: Kindness speaks words that lift the sad-hearted.**
4. **Story & Question:** Today’s story is called, *New Hope for Kevin*. After you listen, this is the question I’ll ask: **What did Milo do that completely changed the way Kevin was feeling?**
5. **Discussion:** What did Milo do that completely changed the way Kevin was feeling?
 - a. *First - Milo listened to Kevin*
 - b. *Then, after listening and feeling Kevin’s sadness, he thought of a way to help.*
 - c. *Milo reminded Kevin of their friend Lily who also had the same problem last year.*
 - d. *Milo didn’t just come up with the idea, but he also came over to practice with Kevin until it was time for soccer camp.*
6. **Gym Application:**
 - a. A kind person wants to do something to help others.
 - b. Even just a few words can change how a person feels. Here are a few examples of what you can say to:
 - i. a classmate you almost did their skill: *That was a good try!*
 - ii. someone who can’t remember which cubby hole they put their things in: *I’ll help you find them.*
 - iii. a classmate who isn’t feeling well: *Do you want me to get your water bottle?*
7. **Remember: Kindness speaks words that lift the sad-hearted.**
 - a. Everyone needs someone to speak kind words to them sometimes. You can be that person!

Week 2 Handout

Planning Notes:

Spring 2025 CT Jr Version: Love Is Kind

Week 3: March 24-29

Be an **APT CT COACH**: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

1. Practice declaration & verse

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

2. **Intro:** Moving to a new neighborhood, or a new school, or starting a new class can be hard. Will you have any friends? Will people like you? And what if you have a disability and are in a wheelchair? You just hope other kids will be kind to you. Brenda is the new girl in this story. Let’s listen to see how others treat her.
3. **Lesson 3: Kindness speaks words that lift the sad-hearted.**
4. **Story & Question:** Today’s story is called, *Good Friends for Brenda*. Listen carefully, because after the story I’ll ask you this question: **What did Zia do after she realized her mistake?**
5. **Discussion:** What did Zia do after she realized her mistake?
 - a. *Zia said “I’m sorry” and told Brenda she had never had a friend in a wheelchair before.*
 - b. *She thought of a new game idea where Brenda could be the pitcher of a kickball game.*
6. **Gym Application:**
 - a. We all say or do things that hurt others’ feelings at times, even if we don’t mean to - like Zia did.
 - b. When that happens, we need to be quick to apologize.
 - c. If we don’t, we can lose a friend or make that person feel left out or unimportant.
 - d. If you realize you said something that made another student feel sad, be kind! Be quick to say you’re sorry to make it right!
7. **Remember: Kindness speaks words that lift the sad-hearted.**

Planning Notes:

Spring 2025 CT Jr Version: Love Is Kind

Week 4: March 31-Apr 5

Be an APT CT COACH: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

1. Practice declaration & verse

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

2. **Intro:** People who are kind are also attentive. That means they notice things. They see clues that tell them another person may need some help. If I never take time to notice those around me, I won’t think about them. In today’s story, Milo notices something that ends up affecting the whole neighborhood.
3. **Lesson 4: Kindness is caring and helpful whenever possible.**
4. **Story & Question:** Today’s story is called, *Kindness Brings Joy*. After you listen, this is the question I’ll ask: **What did Milo notice that got the whole neighborhood involved in doing a kind act?**
5. **Discussion:** What did Milo notice that got the whole neighborhood involved in doing a kind act?
 - a. *Milo noticed that Mrs. Daly’s yard was looking pretty bad, which was not normal for her.*
6. **Gym Application:**
 - a. The reason Ms. Daly was happy at the end of the story is because Milo noticed that her yard looked messy.
 - b. Kindness is caring, but we can’t *care* about others if we never *notice* they need help.
 - c. Take a quick look around when you’re switching stations. Do you see someone who is:
 - i. looking sad?
 - ii. trying to put all the bean bags back on the beam?
 - iii. trying to put balls back into the pit?
 - d. If you do, be kind and go help them!
7. **Remember: Kindness is caring and helpful whenever possible.**

Planning Notes:

Spring 2025 CT Jr Version: Love Is Kind

Week 5: Apr 7-Apr 12

Be an **APT CT COACH**: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

1. Practice declaration & verse

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

2. **Intro:** I think we’ve all lost something before and needed help finding it. Maybe you couldn’t find your leotard or shorts for this class. Or maybe you lost a special toy or your water bottle. But then, someone else in your family helped you look for it. Family members help each other because they love and care for each other. That’s what Ben finds out today in our story.
3. **Lesson 5: Kindness is caring and helpful whenever possible.**
4. **Story & Question:** Today’s story is called, *Two Lost Guinea Pigs*. After you listen, here’s the question I’ll ask you: **Why did Ben feel like the luckiest boy in the world at the end?**
5. **Discussion:** Why did Ben feel like the luckiest boy in the world at the end?
 - a. *His brother and sister stopped what they were doing and came out to help him find Fubsy and Frazier.*
6. **Gym Application:**
 - a. Your parents or grandparents do their best to get you here on time for your class.
 - b. Some of you have brothers or sisters who have to get in the car too.
 - c. What are some ways you can be helpful so they can get you here on time?
 - i. *Get ready as soon as they tell you. Don’t wait!*
 - ii. *Help get your younger siblings ready if they have to go along.*
 - iii. *Ask how you can help. Can you carry something out? Open a door?*
7. **Remember: Kindness is caring and helpful whenever possible.** And kindness toward your family should be practiced every day!

Week 5 Handout

Planning Notes:

Spring 2025 CT Jr Version: Love Is Kind

Week 6: Apr 14-17 (Closed April 18-19)

Be an APT CT COACH: Was I **A**nimated?

Was I **P**repared?

Did I **T**ie it to life today?

1. Practice declaration & verse

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

2. **Intro:** Sometimes when we show kindness to others, they want to be kind in return. It’s also true that when we are mean to others, they may want to be mean to us. That’s why kindness is always the better choice. We remember how others treat us. Our kind acts can inspire others to be kind too.
3. **Lesson 6: Kindness is caring and helpful whenever possible.**
4. **Story & Question:** Today’s story is called, *The Headache*. After you listen, this is the question I’ll ask:
What did Kevin do that showed how much he cared about Milo?
5. **Discussion:** What did Kevin do that showed how much he cared about Milo?
 - a. *Kevin showed a special type of kindness.*
 - b. *He gave up going to the Maple Festival, which is really fun and only happens once a year.*
 - c. *Instead, he chose to stay with his friend and make plans for another fun adventure.*
 - d. *Kevin remembered how Milo had helped him when he broke his ankle and wanted to show the same kindness.*
6. **Gym Application:**
 - a. Sometimes showing kindness means we have to give up something we want in order to do something good for others.
 - b. Maybe you want to go first on the rock wall, but someone else also wants to. Can you show kindness by choosing another station to start on?
 - c. Or maybe you’re in the ball pit having so much fun you don’t want to get out, but someone else is waiting to get in. Can you give up your fun so they can have a turn too?
7. **Remember: Kindness is caring and helpful whenever possible.**
 - a. Do you like being treated kindly? Then treat others with kindness!

Planning Notes:

Spring 2025 CT Jr Version: Love Is Kind

Week 7: Apr 21-26

Be an APT CT COACH: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

1. Practice declaration & verse

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

2. **Intro:** If someone says or does something to us that makes us mad, we sometimes react by doing something mean back to them. But this never fixes the problem. It usually just makes it worse! In today’s story, Milo is going to learn an important lesson about what he should do when he feels angry.
3. **Lesson 7: Kindness is gentle, never mean or cruel.**
4. **Story & Question:** Today’s story is called, *Kindness Is Better Than Anger*. After you listen, this is the question I’ll ask: **Why did Milo feel so bad after his mom talked to him?**
5. **Discussion:** Why did Milo feel so bad after his mom talked to him?
 - a. *He realized that he had been mean by calling Luna stupid.*
 - b. *He also felt bad because had let his anger get out of control and almost hit Luna with a stick.*
6. **Gym Application:**
 - a. When you get mad at a classmate or coach, saying or doing something unkind or mean is never right.
 - b. If you feel angry, stop, take a deep breath, and in a kind voice tell the other person how you feel.
7. **Remember:** The Bible tells us: “A gentle answer turns away wrath, but a harsh word stirs up anger.”

(Proverbs 15:1)

Week 7 Handout

Planning Notes:

Spring 2025 CT Jr Version: Love Is Kind

Week 8: Apr 28-May 3

Be an APT CT COACH: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

1. Practice declaration & verse

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

2. **Intro:** Learning to be gentle takes practice! It means we have to think about how others will feel and how we should treat them. Today in our story, Milo’s dad is going to start teaching Luna, their dog, about gentleness so she can be more helpful.
3. **Lesson 8: Kindness is gentle, never mean or cruel.**
4. **Story & Question:** Today’s story is called, *The Chicken Lesson, Part I*. After you listen, this is the question I’ll ask: **Why is Milo’s dad making a fake chicken?**
5. **Discussion:** Why is Milo’s dad making a fake chicken?
 - a. Dad is training Luna how to use a soft bite so she can help him catch the chickens that escape from their pen.
 - b. If she doesn’t develop a soft bite, she’ll probably kill all the chickens!
6. **Gym Application:**
 - a. Luna had to practice *a lot* before she learned how to bite down gently and not hurt the chickens.
 - b. We *also* need to practice being gentle so our *words* and *actions* don’t hurt others. Here are some ways to practice. BEFORE you do something unkind:
 - i. Take in a deep breath. As you breathe out, remind yourself to use a gentle voice instead of yelling.
 - ii. Walk away if you’re really angry. After you calm down and think about what you should do, then you can go back and talk to the person.
 - iii. Silently pray to God and ask Him to show you what to say or do.
7. **Remember:** The Bible tells us: “What you say can mean life or death. Those who speak with care will be rewarded.”

(Proverbs 18:21)

Planning Notes:

Spring 2025 CT Jr Version: Love Is Kind

Week 9: May 5-10

Be an **APT CT COACH**: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

1. Practice declaration & verse

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

2. **Intro:** If anyone has ever trained a dog, you know it takes a lot of time and hard work to teach them to control their strength! But if you don’t train them, they are so strong, they would hurt you or others. Milo’s dad has been working with their dog, Luna, so she can be gentle with the chickens. Today we’ll find out if all his hours of training have been successful!
3. **Lesson 9: Kindness is gentle, never mean or cruel.**
4. **Story & Question:** Today’s story is Part II of *The Chicken Lesson*, which we listened to last week. After you listen, this is the question I’ll ask: **What is gentleness?**
5. **Discussion:** At the end of the story, Dad wants Milo to understand what gentleness is. Now, I want to see if *you* know. What is gentleness?
 - a. *Gentleness is strength under control.*
 - b. *All of you could easily hurt a tiny baby chick if you didn’t control your strength.*
 - c. *And all of you can easily hurt another person if you don’t control your angry feelings and do or say something unkind.*
6. **Gym Application:** Last week we talked about ways to help us practice controlling ourselves when we want to do something unkind. Here they are again. **BEFORE** you do something unkind:
 - a. Take in a deep breath. As you breathe out, remind yourself to use a gentle voice instead of yelling.
 - b. Walk away if you’re really angry. After you calm down and think about what you should do, then you can go back and talk to the person.
 - c. Silently pray to God and ask Him to show you what to say or do.
7. **Remember:** Sign the bible verse again: “*Don’t ever stop being kind and truthful. Let kindness and truth show in all you do.*” Proverbs 3:3

Planning Notes:

Spring 2025 CT Jr Version: Love Is Kind

Week 10: May 12-17

Be an APT CT COACH: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

1. Practice declaration & verse

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

2. **Intro:** When we say or do something wrong to another person, if we choose not to apologize and try to make things right, we are practicing *UNkindness*. But if the person who hurt us *does* apologize and wants to make things right, if we don’t forgive them, then *we* are also practicing UNkindness. Our story today and next week is going to help us understand why forgiveness is so important.
3. **Lesson 10: Kindness is forgiving.**
4. **Story & Question:** Today’s story is called, *The Broken Bat, Part I*. After you listen, here’s the question I’ll ask: **Who is doing the right thing at the end of the story, Milo or Kevin?**
5. **Discussion:** Who is doing the right thing at the end of the story, Milo or Kevin?
 - a. *Kevin is doing the right thing.*
 - b. *He knew he was wrong and has chosen to do the right thing by apologizing and working to buy another bat.*
 - c. *Milo is choosing to stay mad and is doing nothing to make things better, so he is lonely and sad.*
6. **Gym Application:**
 - a. If someone hurts *your* feelings today, *kindly* tell them you did not like what they said or did, then forgive them.
 - b. Don’t stay mad! If you do, your anger will take your focus away from working hard at your stations.
7. **Remember Kevin:** If *you* do or say something that hurts a classmate’s feelings, be quick to apologize and try to become friends again!

Planning Notes:

Spring 2025 CT Jr Version: Love Is Kind

Week 11: May 19-24

Be an APT CT COACH: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

1. Practice declaration & verse

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

2. **Intro:** People who practice being kind to others know that they are also being kind to themselves. When we are kind to others, it makes us feel good about who we are becoming. We are making ourselves better people and it feels good inside. We also have more good friends!
3. **Lesson 11: Kindness is forgiving.**
4. **Story & Question:** Today’s story is Part II of *The Broken Bat*. After you listen, here’s the question I’ll ask: **Why should we practice being kind and forgiving?**
5. **Discussion:** Why should we practice being kind and forgiving?
 - a. *Every single one of us has done and said things that hurt other people. We are all guilty.*
 - b. *We forgive others because we need them to forgive us too.*
6. **Gym Application:**
 - a. Never stay mad at a classmate. Choose to forgive them. Otherwise, you will think about how mad you are instead of thinking about what you are supposed to be working on at your station.
 - b. And it won’t be very much fun!
7. **Remember:** God has done no wrong to any of us, yet He is willing to forgive us of the hundreds and hundreds of things we have done against Him!

Week 11 Handout

Planning Notes:

Spring 2025 CT Jr Version: Love Is Kind

Week 12: May 27-28, 30-31 (Closed May 26 & 29)

Be an APT CT COACH: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

1. Practice declaration & verse

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

2. **Intro:** When we choose to practice kindness, it’s like choosing to eat healthy food that helps stay well, active and happy . But if we choose unkindness and unforgiveness, it’s like eating greasy, rotten food that makes us so sick we feel like throwing up! If we don’t forgive others, we’ll end up feeling like Marcia does in our story today.
3. **Lesson 12: Kindness is forgiving.**
4. **Story & Question:** Today’s story is called, *The Danger of Unforgiveness*. After you listen, here’s the question I’ll ask: **What happened to Marcia when she didn’t forgive Buford?**
5. **Discussion:** What happened to Marcia when she didn’t forgive Buford?
 - a. *She didn’t sleep that night and could barely get up the next morning, she was very unhappy, and she was so mad she never fed Freddie - her dog that she loved!*
6. **Gym Application:**
 - a. Today in class, if someone won’t let you have a turn, kindly tell them you would like a turn now.
 - b. If they don’t listen, tell your coach. Then forgive them and keep working at your station.
7. **Remember:** When you don’t forgive others and want to get back at them, you cannot be happy. And you may even hurt the ones you love!

Planning Notes:
