ACTIVITY: "GROWING IN KINDNESS" CATERPILLAR

You will need:
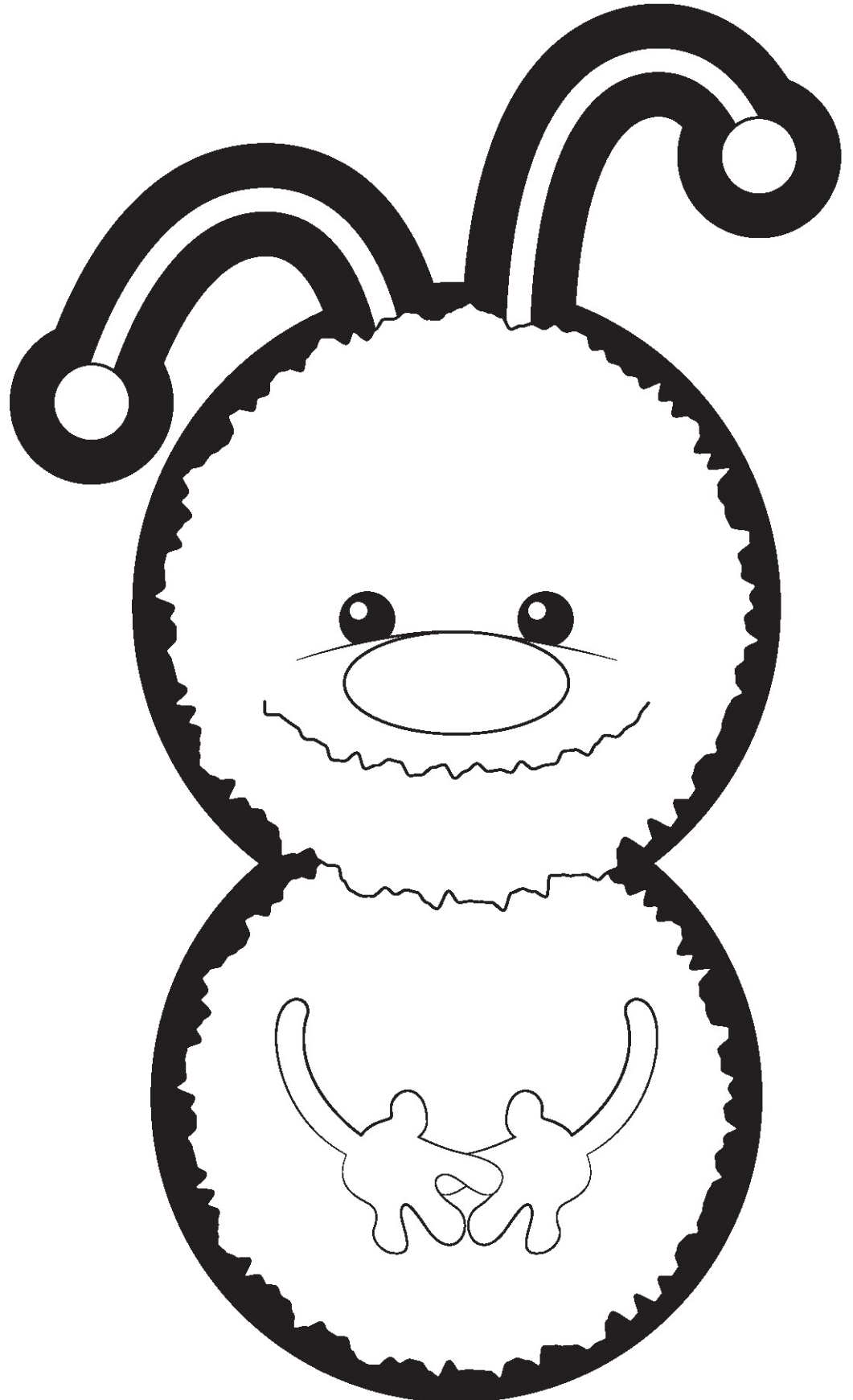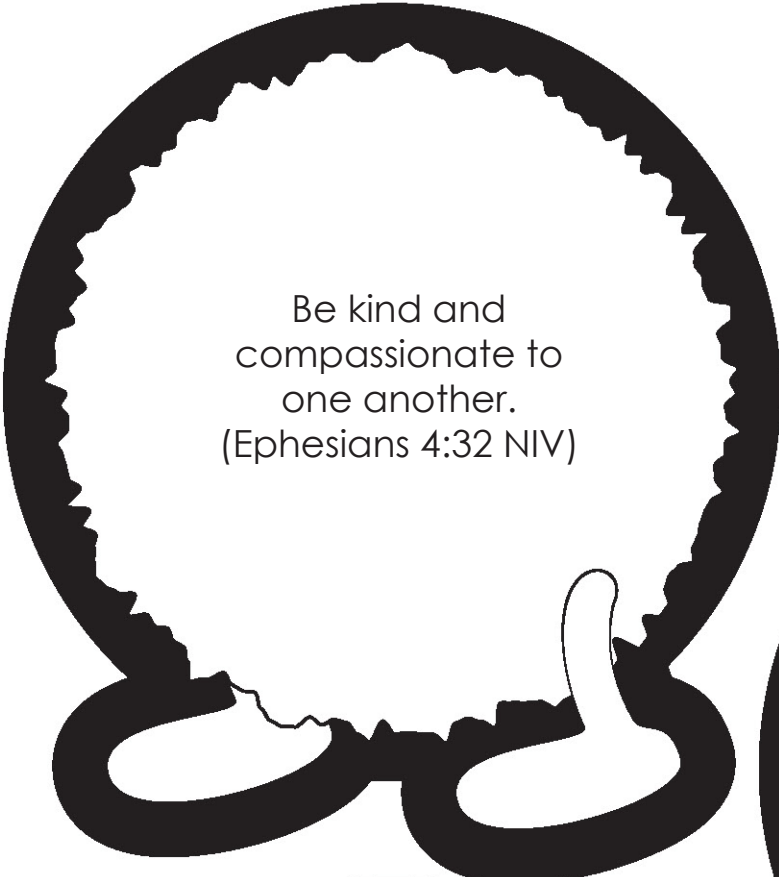Printout of pages 1-6 on cardstock
Scissors
Scotch tape

You can make a project of looking for ways to grow in kindness every day. Color the caterpillar and cut it out. Follow the instructions below to create your own "Growing in Kindness" caterpillar, then put it on your wall. Each time you do something kind, write what your act of kindness was on a circle of the caterpillar's body; for example, if you helped your little sister pick up her toys you can write, "Helped my sister clean up her toys." Then add that circle segment to your caterpillar; that way you can remember all the ways you showed kindness to others.
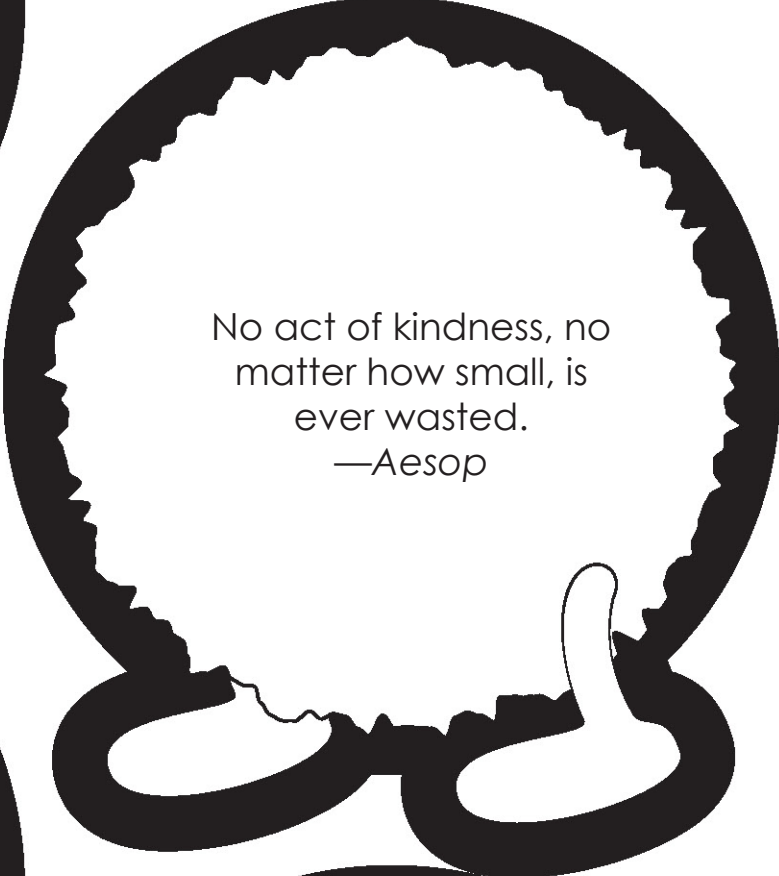
See how quickly you can get it to its full length, and if you run out of circles, print out more or create your own, so your kindness caterpillar can keep growing.
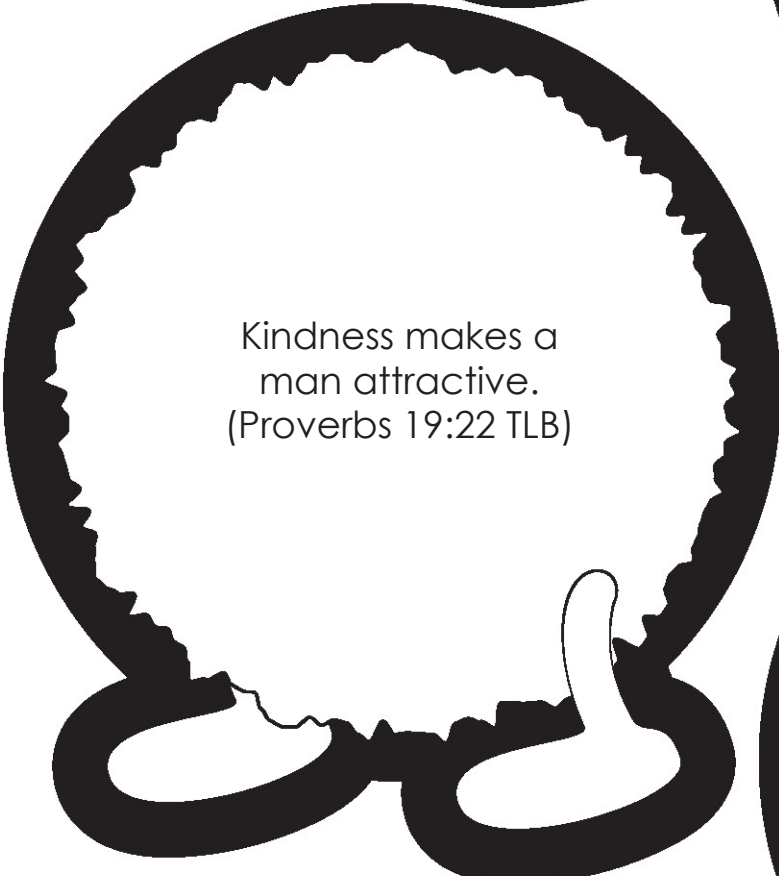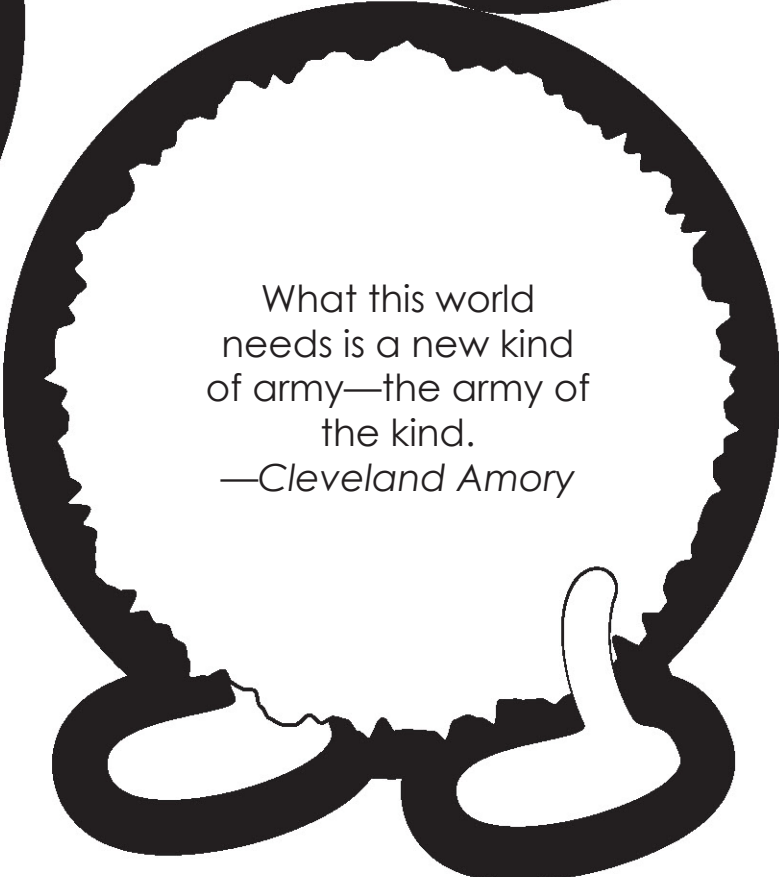
Have fun as you grow in kindness!

Be kind and compassionate to one another.
(Ephesians 4:32 NIV)

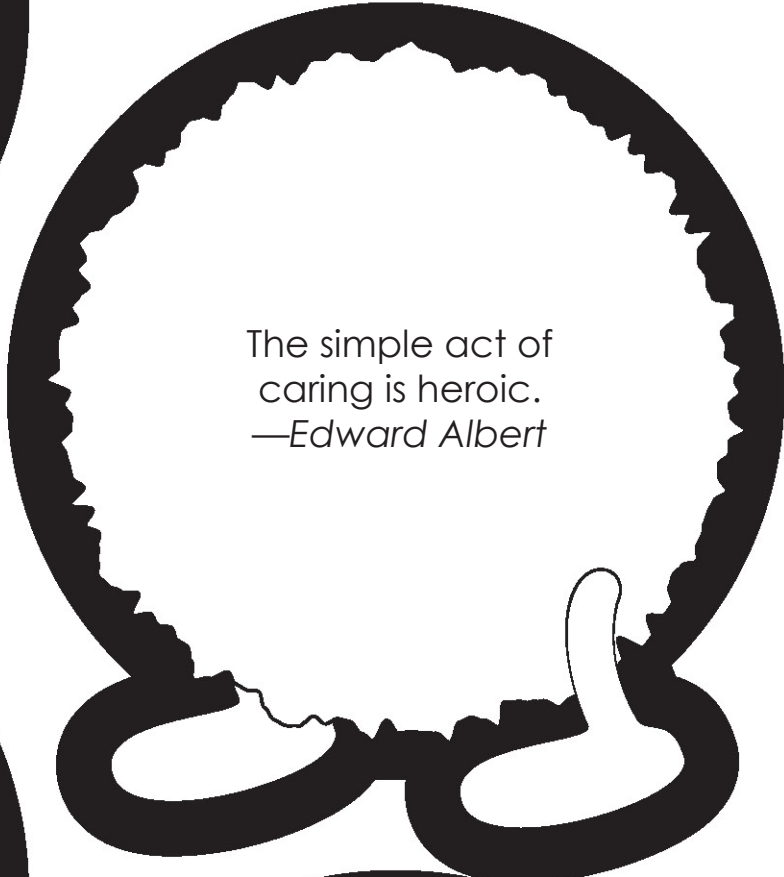No act of kindness, no matter how small, is ever wasted.
—*Aesop*

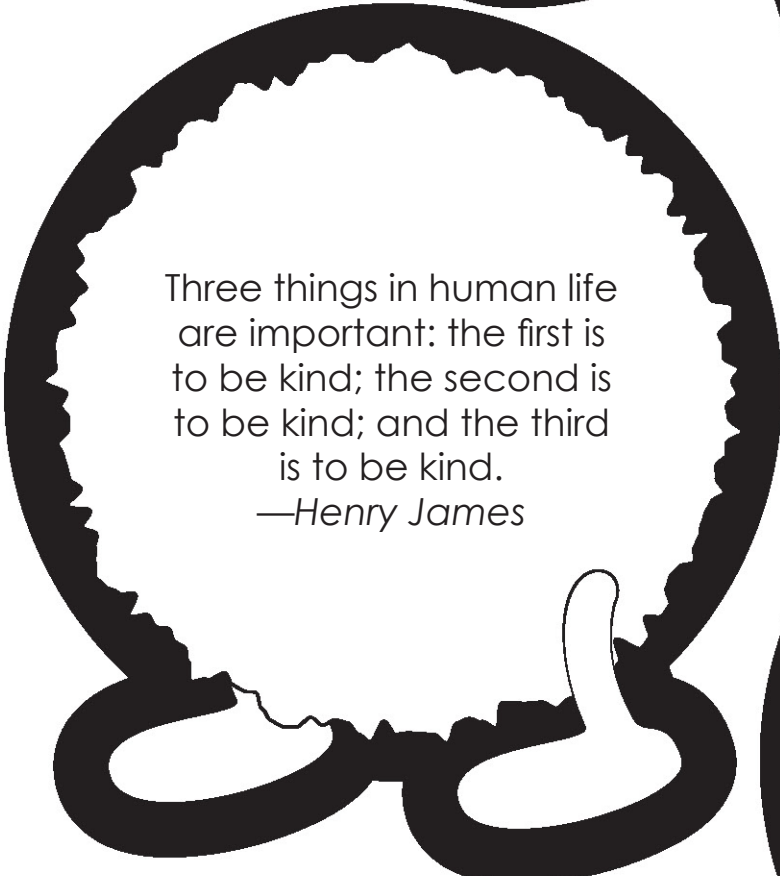Kindness makes a man attractive.
(Proverbs 19:22 TLB)

What this world needs is a new kind of army—the army of the kind.
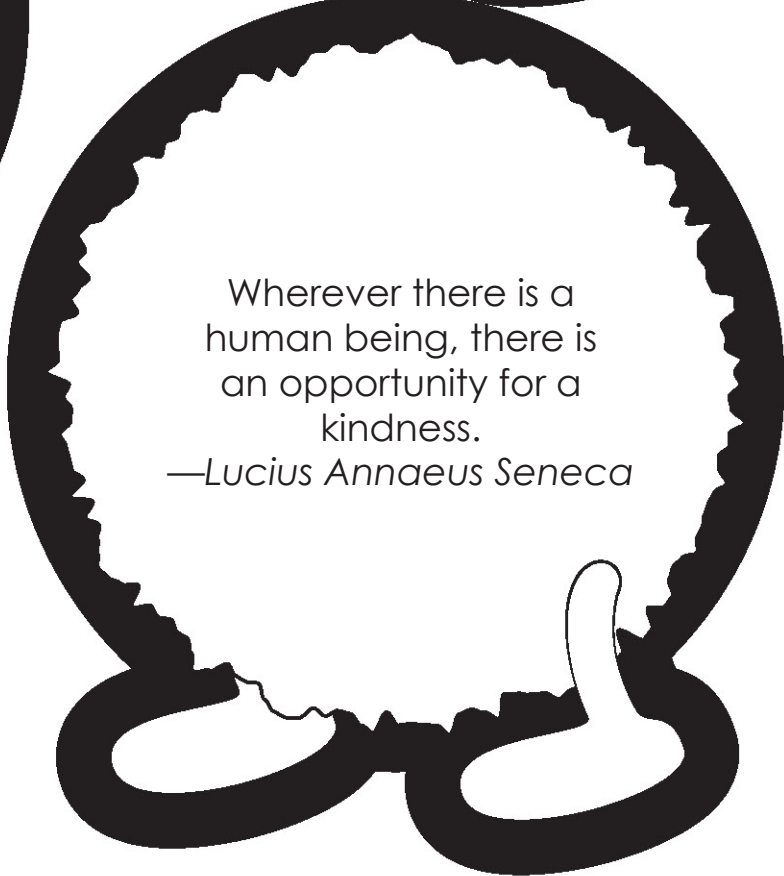—*Cleveland Amory*

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness.
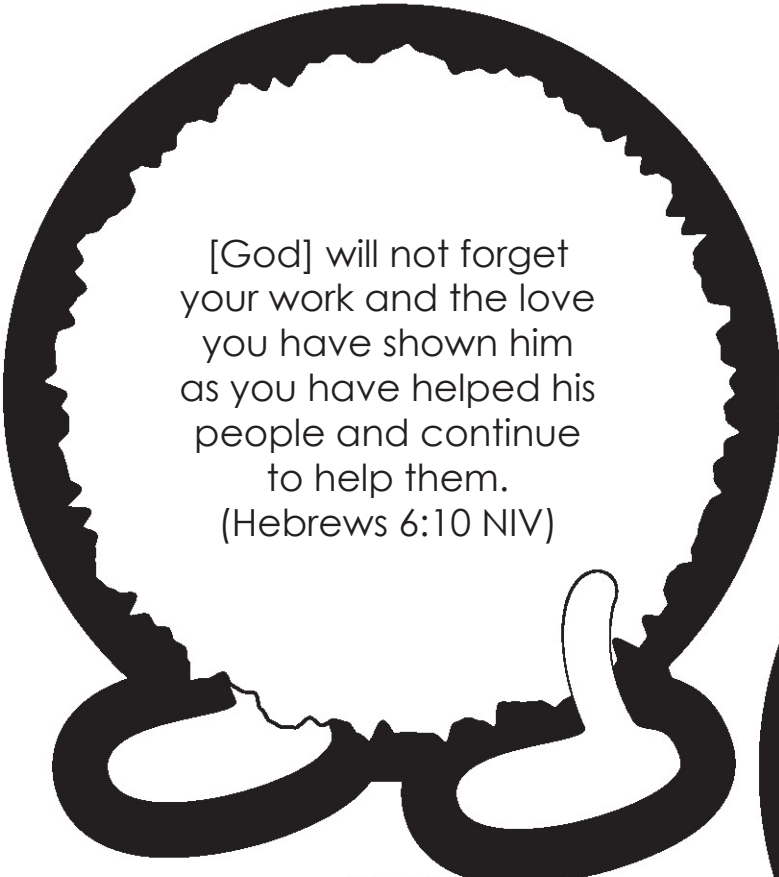(Galatians 5:22 ESV)
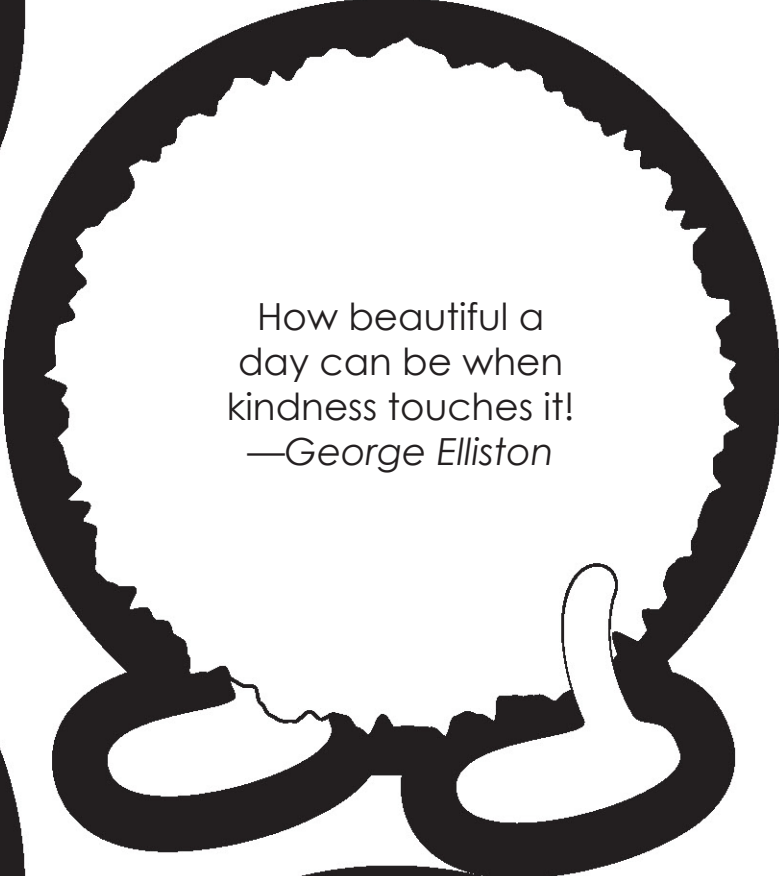
The simple act of caring is heroic.
—Edward Albert

Three things in human life are important: the first is to be kind; the second is to be kind; and the third is to be kind.
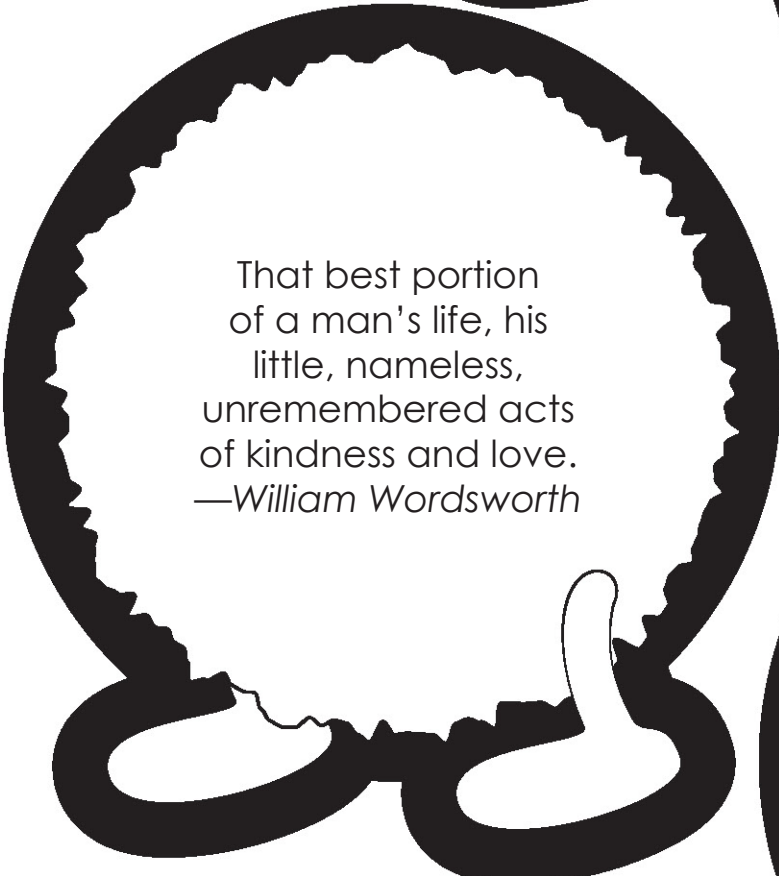—Henry James

Wherever there is a human being, there is an opportunity for a kindness.
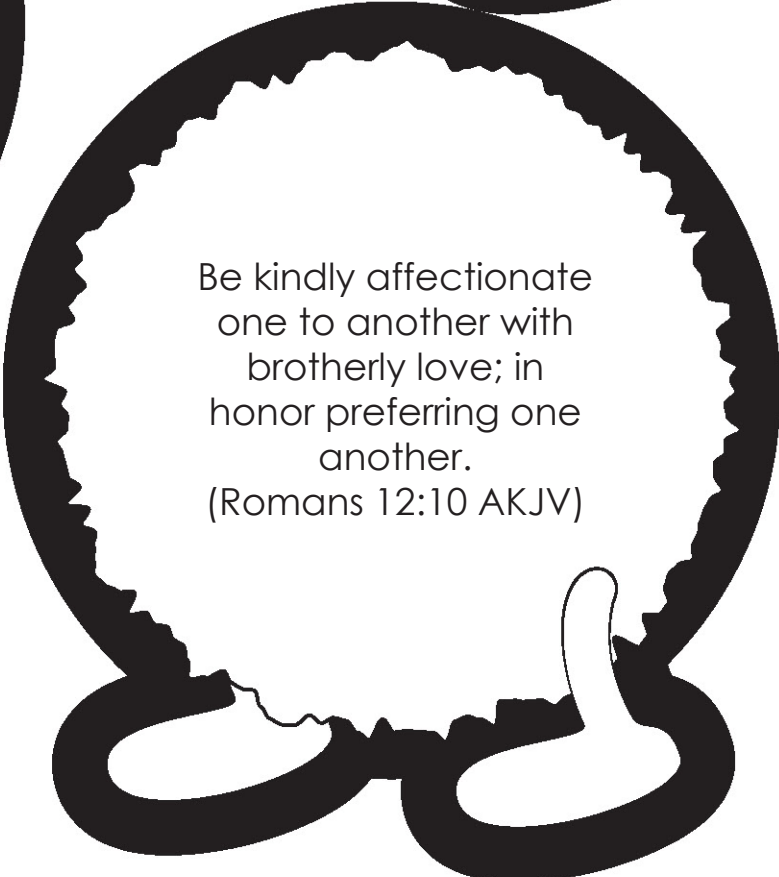—Lucius Annaeus Seneca

[God] will not forget your work and the love you have shown him as you have helped his people and continue to help them.
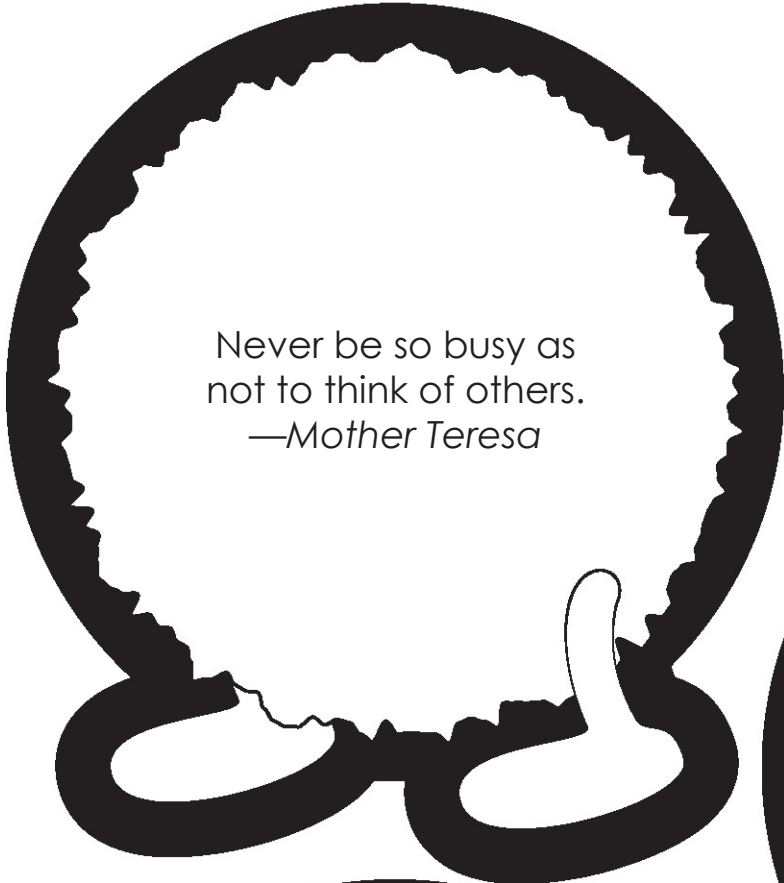(Hebrews 6:10 NIV)

How beautiful a day can be when kindness touches it!
—*George Elliston*

That best portion of a man's life, his little, nameless, unremembered acts of kindness and love.
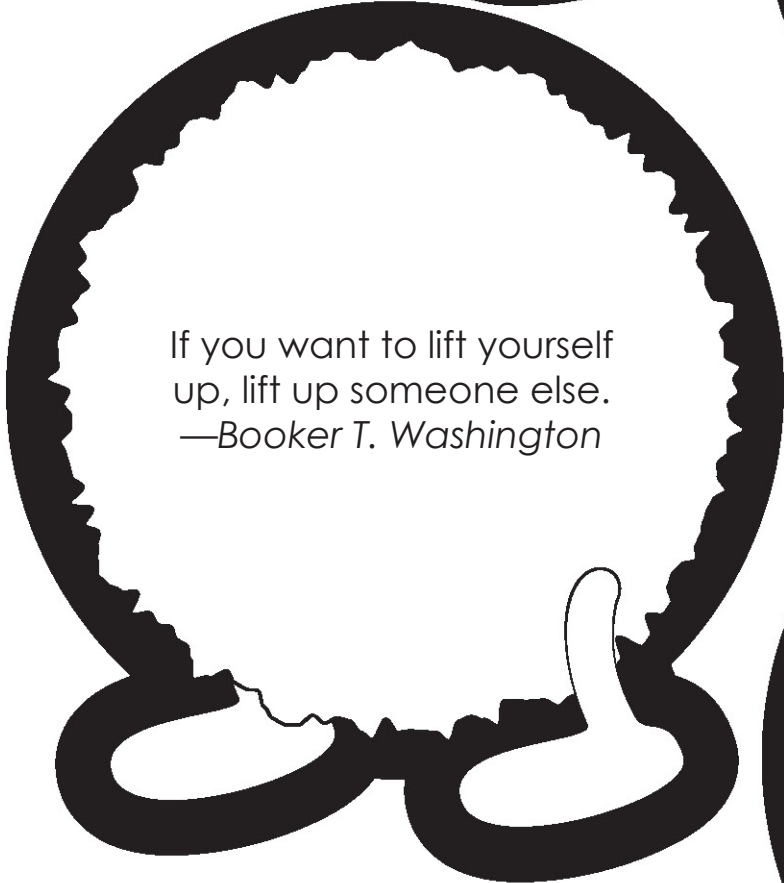—*William Wordsworth*

Be kindly affectionate one to another with brotherly love; in honor preferring one another.
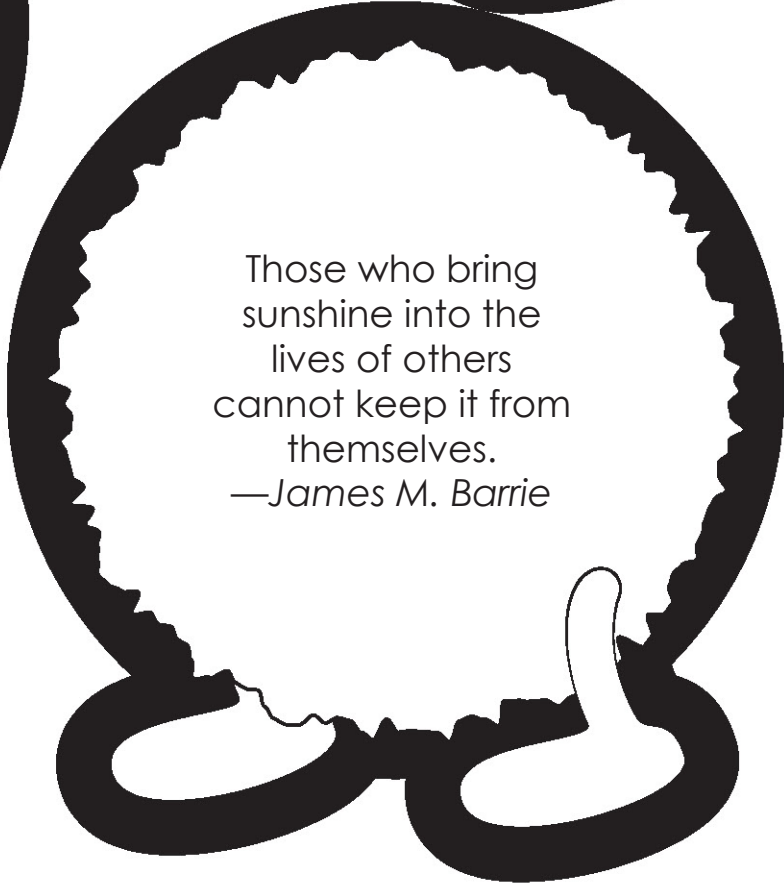(Romans 12:10 AKJV)

Never be so busy as
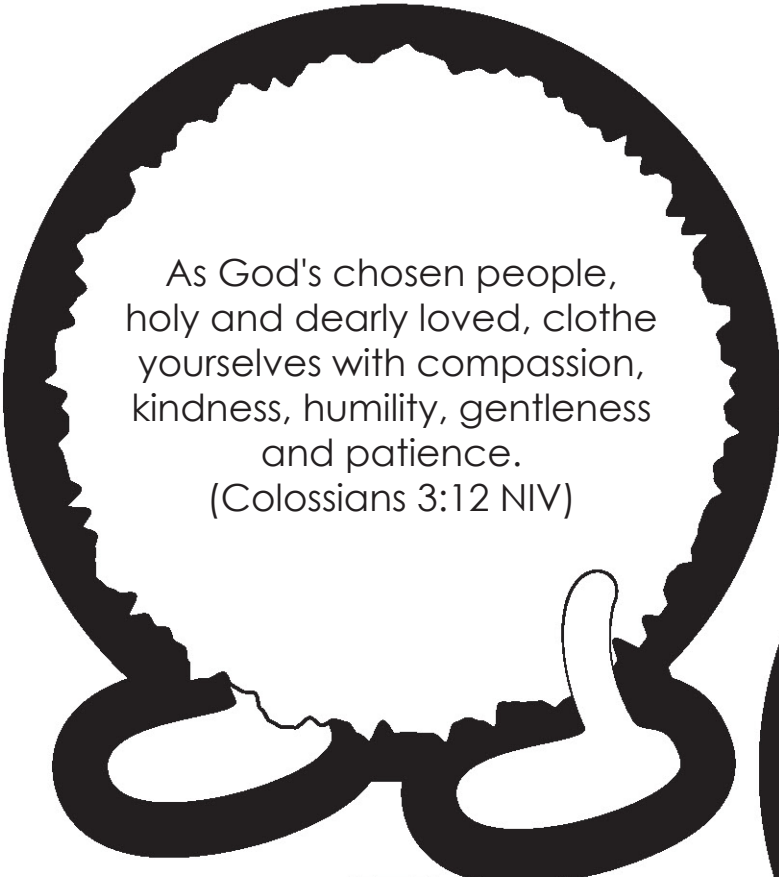not to think of others.
—*Mother Teresa*

Never let loyalty and
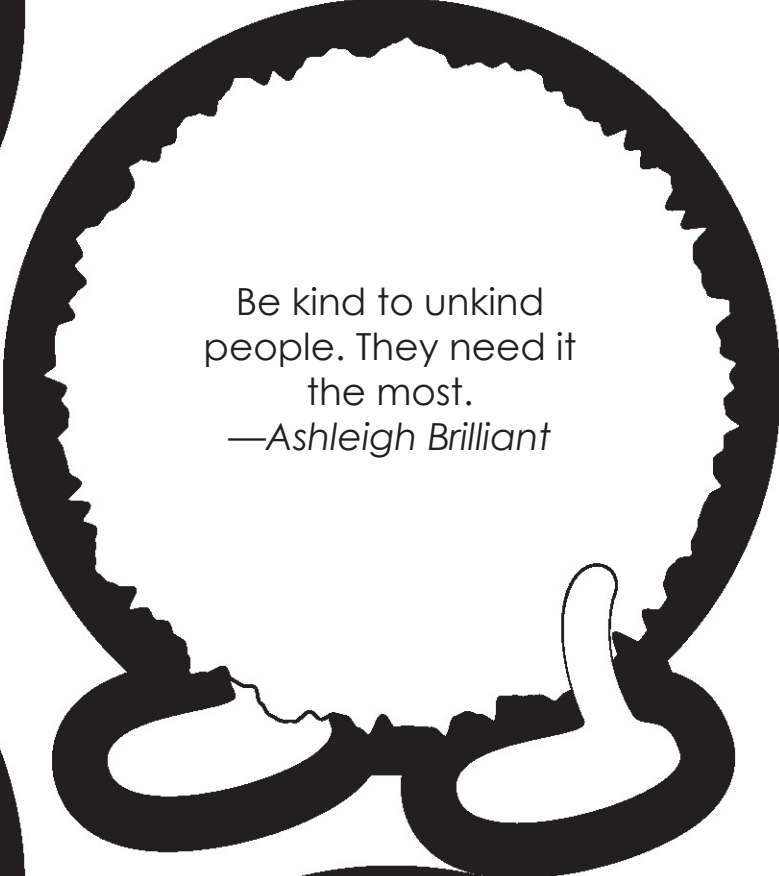kindness leave you!
(Proverbs 3:3 NLT)

If you want to lift yourself
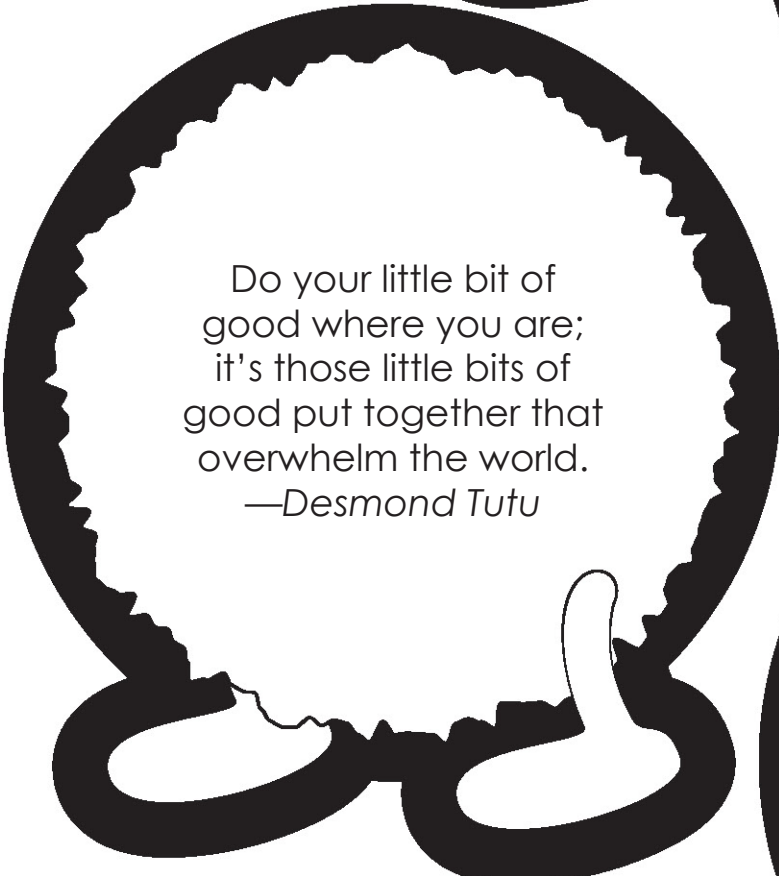up, lift up someone else.
—*Booker T. Washington*

Those who bring
sunshine into the
lives of others
cannot keep it from
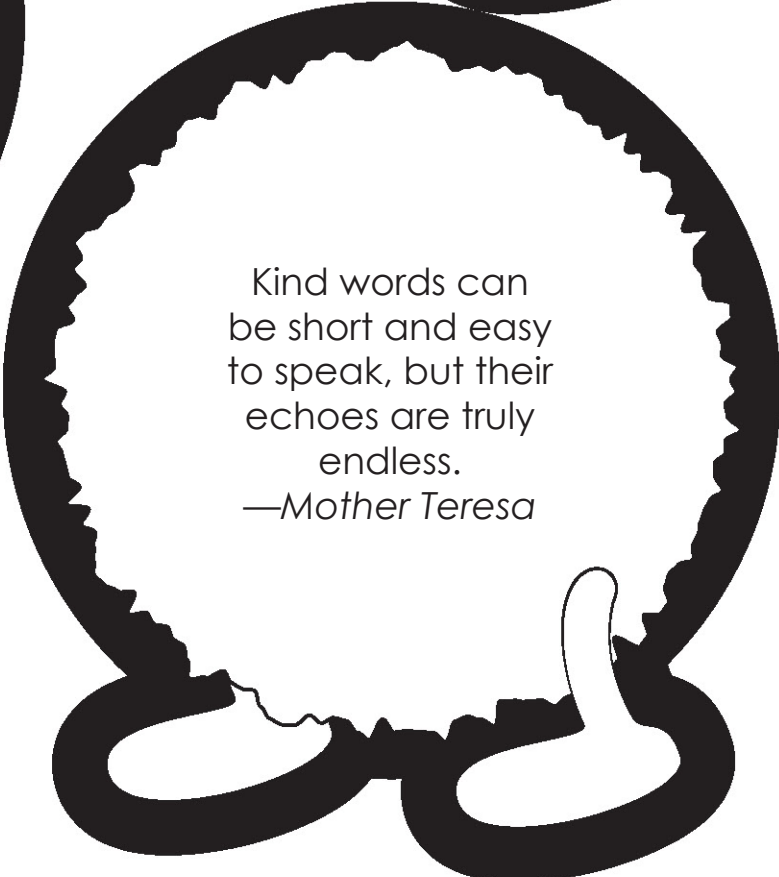themselves.
—*James M. Barrie*

As God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.
(Colossians 3:12 NIV)

Be kind to unkind people. They need it the most.
—Ashleigh Brilliant

Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world.
—Desmond Tutu

Kind words can be short and easy to speak, but their echoes are truly endless.
—Mother Teresa