

Name: _____

Love
Ya.

Crew

Activity 1 - Letters

Write letters or cards to friends and family who you have not been able to see during this isolation period. Use kind and encouraging words to build them up, even try to include a bible verse. Post it so they will receive it in a few days.

Really
Smart.

Activity 2- Kind Words Bingo

Use the link below to create game cards to play a game of a Bingo using kind and encouraging words.

<https://bingobaker.com/view/321801>

You are even able to choose your own encouraging words to create a Bingo that best suits your family.

Activity 3 - Kind Words Circle

Sit around a table. Each person will need something to write with. A pen or marker works great. Hand out one paper to each person in your family and have them write their names on the top. The purpose of the kindness activity is to collect positive and encouraging comments about each person in the family on their activity paper.

To start, each person should give their paper to the family member sitting to his or her left. Everyone should have a paper that does not have their own name at the top. Then, write a nice comment about that person. It can be something that you admire or love about that person or your favourite personality trait they possess. When everyone has finished, pass the papers to the left one time. Everyone should have a new paper in front of them at the table. Look at the name on the paper and write a kind word about this family member!

Continue to pass the papers around the circle until each person has had a chance to comment on them all. It will end when you get your own paper back.

Take turns reading the papers with their compliments out loud. Be sure to watch the face of the individual being spotlighted. It will glow with happiness!

Write encouraging and kind words for the person whose name is on the paper, then pass it on, until it returns to the named person.

Soooooo
Awesome!

Activity 4 – Cheers Jars (encouraging words)

- You will need jars with the name of each person in your family. Some small index cards or post-it notes and pens.
- Keep the jars in a prominent place.
- Throughout the month write notes to one another—thanking each other for small kindnesses, applauding the goodness in each other, and calling out the best in one another.
- When you catch each other doing something good, write a note of encouragement to build them up, then drop it in the jar.
- At the end of a month (or a shorter time frame for younger ones), read them out loud together.

