**A class reflection based on ‘Be Kind’ by Pat Zietlow Miller**

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**Teacher notes**

This is a lovely story that can be used with all ages. From a Christian perspective, this story can be used to explore the theme of kindness – a fruit of the spirit. All of us should demonstrate kindness to others. It is such an important and God given gift that it is referred to as one of the ‘Fruits of the Spirit in St Paul’s letter to the Galations. It would be helpful to have the book in class so that the children can look at it but there is a good version of the story being read here:

<https://www.youtube.com/watch?v=t6NUJ2JZz50>

**Introduction**

**PowerPoint Slide 1** Use the link in slide one to view YouTube video of the story being told.

**PowerPoint Slide 2** Use the questions from this slide to explore kindness and what it means.

**PowerPoint Slide 3** This slide gives you the opportunity to think about and explore the feelings that we experience with kindness, but also in the absence of kindness.

**PowerPoint Slide 4** What’s in a name? This is an interesting point that is made in the story; it is used as an example of showing kindness. Why is this? When someone remembers our name, it helps us to feel special and valued – that someone has taken an interest in us and made the effort to remember our name. It is a simple thing but a powerful one. This is a challenge for staff as much as for children. Staff have many names to remember but it is worth the effort.

**PowerPoint Slide 5** This slide helps us to understand kindness in the context of Christianity. We are told to be kind to one another. This might seem an obvious thing to do as part of Jesus’ command to love on another. But it is not always easy is it? Especially being kind to those we don’t get along with. The Bible also explains that it is one of the Fruits of the Spirit – Christians believe that those with God’s spirit inside them will have the strength to display kindness even when it is challenging to do so.

**PowerPoint Slide 6/7** These slides consider the idea in the story that all of our small actions of kindness can add up to be a big thing. In of themselves, our actions may seem insignificant, but put together can affect a community in a profound way.

It is a bit like the success seen with the British Olympic Cycling team who used the philosophy that accumulating lots of small improvements led to significant differences over time. In the last 20 years, GB has won 40 cycling medals at the Oylmpic Games; in the previous 20 years, GB won 3!

**PowerPoint Slide 8** Use the prayer on this slide as a conclusion to the reflection time:

**Dear God,**

**Help me to be kind and to recognise opportunities each day when kindness is needed, even when I don’t feel like it or when I don’t think the other person deserves it.**

**Thank you for your kindness to us and help us to feel clothed and surrounded by it, and to help others feel the same.**

**Help us to make our school a place where kindness abounds.**

**Amen.**