

Lesson 6: Kindness

OPENING

Teacher: Instructs everyone to:

- Sit quietly – repeat until they are
- Rest their arms in a position that they feel most comfortable
- Lower their faces to listen to the prayer.
- Explain when you pray, you have to show respect to God

Recite opening prayer:

"O God! Educate these children. These children are the plants of Thine orchard, the flowers of Thy meadow, the roses of Thy garden. Let Thy rain fall upon them; let the Sun of Reality shine upon them with Thy love. Let Thy breeze refresh them in order that they may be trained, grow and develop, and appear in the utmost beauty. Thou art the Giver. Thou art the Compassionate."

- Ask the children if any of them know a prayer by heart that they could recite

Memorizing quotations

Review. Use the Index Cards to help them memorize the quotes.

"O God, guide me, protect me, make of me a shining lamp and a brilliant star. Thou art the Mighty and the Powerful." - 'Abdu'l-Bahá

"O Son of Spirit! My first counsel is this: Possess a pure, kindly and radiant heart, that thine may be a sovereignty ancient, imperishable and everlasting." – Bahá'u'lláh

"In the garden of thy heart plant naught but the rose of love..." – Bahá'u'lláh

"Tread ye the path of justice, for this, verily, is the straight path." – Bahá'u'lláh

Memorizing quotations - Skipped for this week (Kindness Compassion can be part of a Pure, Kindly and Radiant Heart from Lesson 1)

TODAY'S LESSON

Teacher: Today's Lesson is Kindness

- What is kindness? (quality of being friendly, generous, and considerate)
- Who are you kind to? (Family, Friends, Animals, Poor People)
- What if someone is not kind to you? (Treat them kindly)
- God wants you to be kind to everyone (Kindness is a virtue we must work hard to acquire. It is a part of your character. Talk about character:

Kindness should be in both words and deeds. What it would look like if people spoke kindly, but their body language or actions revealed something entirely different? Perhaps, for example, a person says hello, but with no smile or friendly expression. Conversely, imagine something like this: people smile and wave to each other, but then they speak harshly about the other person when they leave each other's presence.

Our aim should be sincere kindness—"not in appearance only." Whether we encounter disdain, rejection, or hostility, the Baha'i teachings advise kindness in every situation. Rather than random acts of kindness (although still a great idea), this Baha'i ideal infers that we try to go even further and act kindly to every person we come across.

Singing Time

My First Counsel is This

Love, Love, Love

A Noble Way

Prefer Your Brother (New Song)

If You're Happy and You Know It (It's best to end with this uplifting song.)

Story – Story is skipped this week for Activity

Activity: To be kind is to be sweet so we are going to make Gummy Bears to remind us to be kind and truly sweet to people and animals. [Google recipe or buy kit]

END CLASS:

Remind Children that the class was about Kindness. Ask them what it means to be kind.

Someone says a closing prayer. Ask Children to settle down and bow their heads. Remind them that the quote talks about a Pure Heart:

**“He is God! O God my God! Bestow upon me a pure heart, like unto a pearl. -
'Abdu'l-Bahá**