



Switch on: Be kind

Let's get 10-14s to engage with how they can be kind to themselves and to each other during this difficult and challenging time.



Rewind: #DaretoCare

Have a discussion around the topic of kindness.

- How would you describe kindness?
- When was the last time someone showed kindness to you? How did that feel?
- When did you last show kindness to someone else? How did they respond?
- Why can it be difficult to be kind? What are some of the obstacles?

Watch koko's *Dare to Care* film together which can be viewed here: <https://youtu.be/enb4QE8hpbQ>

Explain that everyone around the world is going through a difficult time at the moment because of the Covid-19 situation. Many people are living with fear and uncertainty about the future. Kindness is needed now more than ever. As Meg says in the film, 'We'll see kindness everywhere, when we dare to care.'



Play: Love your neighbour

In the Bible, God shares that one way that we can 'dare to care' for others is by being an encourager. Read 1 Thessalonians Ch.5:11 in the Bible or online: 'So encourage each other and build each other up' (*New Living Translation*).

Discuss together who are the people in your community which need encouragement right now? For example, self-isolating or distant family and friends, elderly and vulnerable, health care workers and ministers/church leaders.

Discuss together ways that you could encourage them. For example, creating a special card of encouragement or making a gift.



Pause: Be kind to yourself

Spend some time discussing how each of you are coping with changes that Covid-19 has brought to daily routines. No school, no GB and no opportunity to meet friends face to face. We're all experiencing really big emotions at the moment and it's natural to find this really tough. Explain that as well as showing kindness to others, we also need to be kind to ourselves. This is called self-care.

Discuss some of the positive coping mechanisms that can help us adapt to these temporary changes and look after ourselves. What can give us joy despite being in a tough time? For example, have a bath, play with a pet, go for a walk, talk to someone, read the Bible etc.

If you're feeling creative, why don't you create a calendar for the next month and allocate a self-care activity for each day?

