



[13-18s]
experience the challenge



Show kindness

This session plan enables 13-18s to reflect on how they can be kind to themselves and to each other during this difficult and challenging time. They can work through it alone or with support from an adult.

Engage

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

Reflect on these questions and perhaps share your answers with one of your friends and/or your n:spire group on social media:

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

Explore

As we've been hearing on the news, we're living in unprecedented times. Many people are living with fear and uncertainty about the future. Kindness is needed now more than ever. But as Meg says in the film, 'We'll see kindness everywhere, when we dare to care.'

Read Luke Ch.10:29-37 in the Bible or online. This is the story of The Good Samaritan. Jesus told this story to demonstrate what it means to be kind to others, even those we don't know who need our help. The Samaritan had compassion for the hurting man and maybe it was because he recognised it could have been him who had been robbed. Whatever his motivation, the Samaritan man chose God's way of kindness along the road that day.

The Samaritan dared to care. How can you dare to care for people in your local community right now? How could you show acts of kindness to them in the midst of this global pandemic?

Here's some ideas:

- Self-isolating family members – take time to phone and/or Skype them or even write them a letter about some of your favourite memories together
- Elderly and vulnerable – with your parents/carers' help, befriend an elderly neighbour and help get their grocery supplies
- Health care workers – these are incredible people who are working on the front line of this crisis. Why don't you send an encouraging card saying thank you to your local health centre or hospital?

Empower

This is a difficult time. Life is as we know it is pausing temporarily. As well as showing kindness to others, we also need to be kind to ourselves. This is called self-care. We're all feeling very big emotions right now – we shouldn't dismiss or ignore them. The challenge is to find some positive ways to cope. Some positive coping mechanisms include:

- Having a bath
- Getting outside and doing exercise
- Starting a gratitude journal on your device and noting things that you're thankful about
- Sharing your worries with a trusted person
- Starting a new hobby
- Praying and talking to God.

Try to care for yourself by doing something that gives you joy every day.

Embrace

If we're going to see kindness spread like wildfire, then being kind has to become a habit. To create habits, we have to be intentional with our thoughts and actions every day. Get an empty jar or vase. Write 31 acts of kindness ideas on separate pieces of paper. Fold them and place them in the jar. Every day, choose a new piece of paper, complete the act and help show kindness.