

Spend some time thinking about the question below and journal your thoughts or share them with a parent.



Lined writing area for journaling.



Day 1

Go to Studio252.tv and watch this week's episode of The So & So Show.

Click on Fun2Watch! then The So & So Show.

Even if you already saw it at church, feel free to check it out again!

SO & SO TOP 3

After watching, write one thing that:

- 1. You liked:
2. You learned:
3. You'd like to know:

## Day 2

Read Ruth 1:3-17; 2:8-16

Throughout Ruth's life, we see kindness. Kindness she shows to her family and friends, and kindness others show to her. None of these acts of kindness were without sacrifice though.

As you read Ruth 1:3-17; 2:8-16, think about what each person had to give up to show kindness. Fill in the blanks below with the missing letters to spell out what each person had to give up—or at least risked giving up.

**By sticking with Naomi,**

Ruth gave up her HO\_\_\_ L\_\_\_ N\_\_\_

Ruth gave up her chance to get

\_\_\_AR\_\_\_ I\_\_\_D and have a \_\_\_A\_\_\_ I\_\_\_

**By showing kindness to Ruth,**

Boaz gave up some of his

H\_\_\_ V\_\_\_ T of B\_\_\_ R\_\_\_ Y



## Day 3

**One of the best ways you can be kind to others is by praying for them!**

Make a list of the people you're closest to. Include all the family members that live in your house, and the friends you interact with on a daily basis. Then, reach out to each person on the list and ask them how you can pray for them today. Write down their prayer request and then pray.

Praying for the people you're closest to is a great way to show them how valuable they are to you and to God!

## Day 4

**Out of all of the people we interact with each day, the ones it's usually hardest to be kind to are the ones we are closest to.**

Why is that? Perhaps because we don't feel we have to be kind to them—they're going to stick around no matter what. Or maybe because we just get annoyed by being around each other all the time, and when our patience wears thin, our ability to be kind does too.

But the people we're closest to are also the ones that at the end of the day, are the most valuable to us! You probably can't imagine your life without the caring adults in your life, your best friend, or yes, even your brother or sister. Showing those closest to you how valuable they are by being careful with the way you speak to them is one of the best gifts you can give them.

Write the word speak on your left hand and the word kindly on your right. (You can ask someone for help if you need to!) Today, use those words as a reminder to speak kindly to your friends and family.

**Be kind to your family and friends** with the words and way you speak (or don't speak)!

Answers for Day 2: Home Land, Married, Family, Harvest of Barley

## Day 5

**When is it hard to be kind?**

Before you read the paragraph below, put your face really close to the paper. Like, so close your nose touches the paper. Then try to read it.

*It's not always easy to be kind, is it? The closer we get, often the harder it is. Sometimes we forget that when we aren't kind, it's like telling others they aren't valuable to us—that their feelings or thoughts don't matter. But most of us would never want our family and friends to feel that way, would we?*

How hard was it to read that paragraph? Pretty tricky, right? You'd think that being closer would make it easier, but sometimes, that closeness makes it more challenging, just like kindness. So how can we be kind, even when it's hard? It's a choice we have to make every single day.

Grab two sheets of paper. On one, make yourself a chart for the week ahead, and for each day, put a person's name that you are close to, and one thing you can do to show them kindness. Then decide what you want your "check mark" to be. It could be hearts, a thumbs up, or a regular check mark. On the other sheet of paper, draw seven of those, and cut them out. Each day that you accomplish your act of kindness, tape one of your check marks to the paper.

It may seem a little strange to make kindness a to-do list, but once you get in the habit of being kind to those closest to you, you won't need a list to remember!