

CHRISTUS MINISTRIES

Young Family School of the Heart

VOLUME 5 | KINDNESS

KINDNESS

May there be kindness in your gaze when you look within.

John O'Donohue

DIALOGUE WITH YOUR SPOUSE

- *Think of a time recently that you have been "less than kind" to your spouse (write it down)*
- *What's the worst part about this for you?*
- *Think about what you could have done differently*
- *Tell your spouse what you should have done differently*
- *Going forward, should (I) we do anything differently or make changes?*

SHARE IN YOUR PARTNER'S JOY

- *How have I shared in my partner's joys?*
- *How did I engage wholeheartedly and be a part of the excitement?*



Kindness Family Activity


instructions

- Create a playlist of dance-worthy songs your kids love.
- Next, prepare a room for a dance party.
- Grab several deflated balloons.
- Then, to illustrate joy, ask your kids a series of questions like, "What's your favorite game to play with your friends?" and "What's the happiest moment you remember from this year?"
- As your kids answer each question, blow a deep breath of air into a deflated balloon.
- Once the balloon is full, explain how we can get so full of joy that we have to let it out.
- Let the balloon release.
- Watch it swirl around the room.
- For effect, time the release of the ballon with the beginning of the dance party.
- Family Time Questions: Talk about a time when you leaped for joy. What was so joyful about that moment?



"Unsung Hero" [ภาพยนตร์โฆษณา ปี พ.ศ.2557] [Official TVC 2014: Th...



Watch on  YouTube

A GRATEFUL DAY

*Lord, how am I invited to extend
kindness to those in front of me?*