



THE FORGETFUL FOCUS



FAMILY CONVERSATION STARTERS

When is a time you felt really listened to?
What did that person do?

What makes it hard to listen
to those around you?

What are some ways you can help your friends when they feel nervous?

SCRIPTURE CONNECTION

Memorize It

A kind person is doing himself a favor. But a cruel person brings trouble on himself.

— Proverbs 11:17 (ICB)

The Kindness Challenge

1. Read the verse as a family.
2. Have each person choose one kind action they will practice this week at home, school, or work. Some examples could include:
 - Using kind words during a conflict.
 - Including someone who feels left out.
 - Celebrating others' success.
 - Being patient when someone is learning something new.
 - Respecting others' feelings even when you disagree.
3. At the end of the week, gather together to discuss the kind action they completed and how it made both of them feel, focusing on the word **empathy**. For children, use the definition: noticing how someone else feels and caring about it. Below are some possible discussion questions you could use.
 - How do you think the other person felt before your kind action?
 - How might they have felt after?
 - How did you feel when you noticed their feelings?
 - Why do you think God cares about how others feel?