My Growing Heart

3 DAYS OF KINDNESS

Day 1 Kindness ♡

Frikkie & Monica ♡

Kindness starts with a happy heart!

TODAY'S CHALLENGE

I will

smile at 3 people

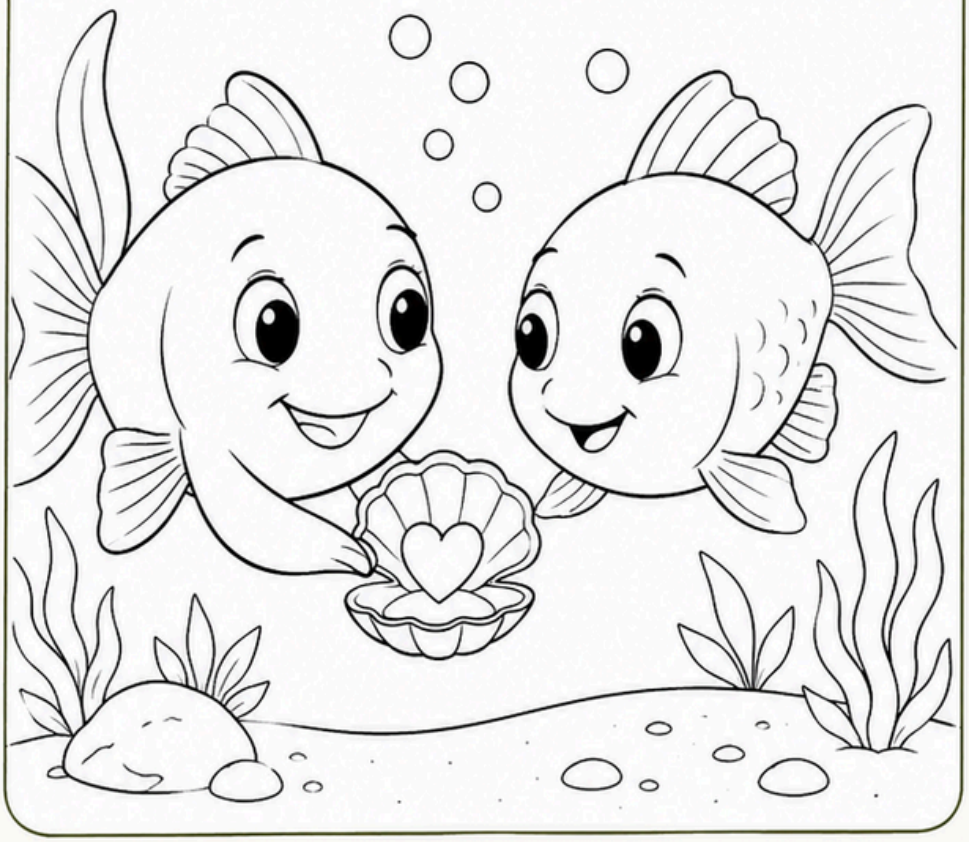
☐ I did it!

GOD'S WORD

"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

Ephesians 4:32

Colour Frikkie and Monica as they show kindness!



ME AND FRIKKIE

Draw a picture of a kind thing you did today.

TODAY I FEEL...

Colour the face that shows how you feel today.

HAPPY OKAY SAD

You are loved! ♡

♡ Every small act of kindness helps your heart grow. ♡

My Growing Heart

3 DAYS OF KINDNESS

Day 2
Giving

Frikkie & Monica

Kindness grows when we give!



TODAY'S CHALLENGE

I will
share something
with someone.

☐ I did it!

GOD'S WORD

"It is more blessed
to give than to receive."

Acts 20:35

Colour Frikkie sharing with Monica.



ME AND FRIKKIE

Draw a picture of you sharing
or giving something today.



TODAY I FEEL...

Colour the face that shows
how you feel today.



HAPPY OKAY SAD

You are loved!

Giving with a happy heart makes Jesus smile!

My Growing Heart

3 DAYS OF KINDNESS

Day 3
Helping

Frikkie & Monica

Kindness shines when we help others!

TODAY'S CHALLENGE

I will

help someone without being asked.

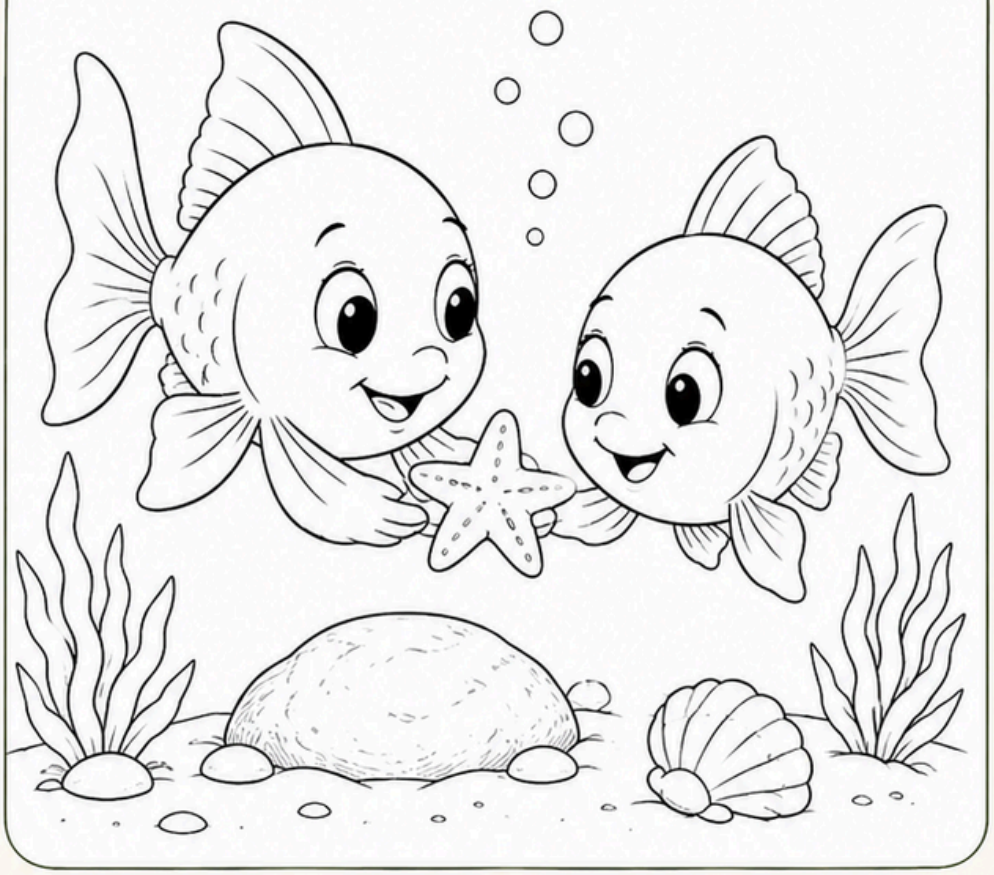
☐ I did it!

GOD'S WORD

"Whoever wants to become great among you must be your servant, and whoever wants to be first must be slave of all."

Mark 10:43-44

Colour Frikkie helping Monica.



ME AND FRIKKIE

Draw a picture of you helping someone today.

TODAY I FEEL...

Colour the face that shows how you feel today.

HAPPY OKAY SAD

Every act of help plants seeds of love in the hearts around you – and in your own heart!

You are amazing!

Thank you, Jesus, for showing us how to love and help.