



Summer of Kindness

Prayer practices, rituals and activities for
Faith formation, wherever you may be

Summer is here! Though we enter into what the Church Calendar calls “Ordinary Time,” we are aware that we live in extraordinary times that require flexibility, playfulness, and kindness as we begin to expand our circles of interaction.

That’s what we hope this resource is for you—a flexible opportunity that ignites a playful spirit as we practice kindness as a church family. For six weeks, you are challenged to live out kindness through the actions on the bingo card on the opposite side of this sheet. Each week, children’s moments and weekly Facebook video messages will be dropped on Wednesdays to keep us focused and curious as to how we Hear, Wonder, Pray, Play, and Act in kindness.

At the end of the six weeks, any aged child (from 1 to 100) can bring their completed bingo card in on **Sunday, August 15** for a Handel’s coin, as a sweet treat of kindness for your participation. So, hang it in a place you will remember, or take a photo of it to mark it off as you travel.

Each completed card and turned in is one Handel coin per person. You can use it for yourself or continue the kindness and share.

Kindness Bingo

Choose an act of kindness (or a few!)
and fill in the square.
Who can get BINGO first?!

Make a card and mail it to someone who has been sick.	Sweep the porch of a neighbor or friend.	Drop off flowers or a plant to someone who needs a cheerful gift.	Make a snack for someone in your home.	Help clean up the yard or neighborhood park.
Help put the groceries away without being asked.	Give someone in your home or social circle a hug.	Collect toilet paper or diapers for a local food bank/shelter.	Read a story to a family member or someone in your social circle.	Write a kind note and leave it where someone will find it randomly.
Put signs of encouragement in your windows or on your mirrors.	Ask someone older than you to tell you a story about their life or memories.	FREE SPACE	Write a note or create art for your local faith leader(s).	Create art to share in your yard. Beautify your neighborhood!
Make art or notes of encouragement and hand them to people when you go out.	Pick up trash in your neighborhood park or a safe area near you.	Make an effort to compliment the people around you. Get creative!	Every time you use water put a coin in a jar. See how much you can collect for water missions.	Help clean up after dinner without being asked.
Make a water stop in your neighborhood for people (and dogs) walking in the heat.	Volunteer to do someone's chores for them. Bonus points if you offer for the whole week!	Leave chalk messages around the neighborhood to encourage others.	Make a list of kind words and see if you can use every one of them during the day.	Tell someone why they are important to you.



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