Love

Love helps us include others!

"Do everything in love."
1 Corinthians 16:14 (NIV)

Who can I include?

Think about the people in your life. Who could you include, invite, or show love to this week?
Write or draw some ideas in the hearts below.

At School

At Home

In My Community

Someone New

Small choices make a big difference!
Love can help someone feel included.

Color the picture!

Everyone is welcome in God's garden!



Joy

Joy helps us choose to be happy,
even when things don't go as planned!

"....the joy of the LORD is your strength."
Nehemiah 8:10 (NIV)

Sometimes our plans change...
but we can still find joy!

Draw something that brings you joy
even when things don't go as planned.

Joy can be found in the little things!



A joyful heart makes a brighter day!

Peace

Peace helps us be kind, listen, and find better ways to work things out.

"Blessed are the peacemakers, for they will be called children of God."

Matthew 5:9 (NIV)

Two friends disagree!

Look at the picture below. The two friends want to do different things.

What could they do to find a peaceful solution?

Write or draw your idea in the space below.

Peace helps us care about others, even when we disagree.



My peaceful solution:

Kind words. Listening ears.
A brighter tomorrow.

Patience

Patience helps us wait with a good attitude!

"But if we hope for what we do not yet have,
we wait for it patiently."
Romans 8:25 (NIV)

Some things are worth waiting for!

Look at the pictures below. These are things that can take time. Color the ones you have waited for, and add one more idea in the empty box.

Good things take time!

- ○  A plant to grow
- ○  A birthday
- ○  A family vacation
- ○  A new pet
- ○  A special gift
- ○  A big milestone
- ○ Something else that is worth waiting for:

_____

_____



Waiting can be hard,
but God's timing is always good!

Kindness

Kindness helps us notice others and look for ways to help.

"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."
Ephesians 4:32 (NIV)

How can I help?

Look at each situation below.
Write or draw a kind way you could help.
Even small acts of kindness make a big difference!

Kind people make a brighter day!

A classmate drops their books.



How can you help?

_____

_____

_____

You notice someone sitting alone at lunch.



How can you help?

_____

_____

_____

A friend looks sad.



How can you help?

_____

_____

_____

You see a mess on the floor.



How can you help?

_____

_____

_____

Someone is having a hard time with schoolwork.



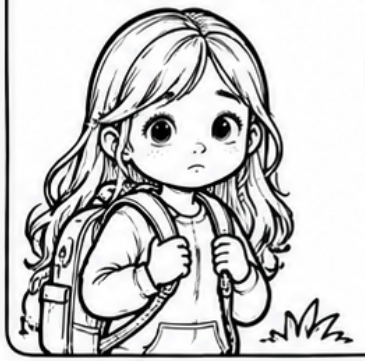
How can you help?

_____

_____

_____

You see someone new at school.



How can you help?

_____

_____

_____

Kindness changes everything!

Goodness

Goodness means choosing to do what is right, even when no one is watching.

"Do not be overcome by evil, but overcome evil with good."
Romans 12:21 (NIV)

What would you do?

Look at each situation below.
Choose the good thing to do, even if no one else knows. Check the box, or write your own idea.
Remember, doing what is right matters to God!

Do what is right, even when no one is watching!

You find a $5 bill on the ground and no one is around.



- ☐ Keep it for myself.
- ☐ Turn it in to a teacher or the office.
- ☐ Look around to see if someone lost it.

Other idea: _____

You finish a snack and see trash on the table, but no one is looking.



- ☐ Leave it there.
- ☐ Throw it away.
- ☐ Make the table extra clean.

Other idea: _____

You see a friend's toy on the floor and they left the room.



- ☐ Play with it.
- ☐ Leave it.
- ☐ Pick it up and put it away for them.

Other idea: _____

You see someone being left out at recess.



- ☐ Walk away.
- ☐ Invite them to play.
- ☐ Tell a trusted adult.

Other idea: _____

You finish a test early and notice someone's paper is open.



- ☐ Take a peek.
- ☐ Keep working on my own paper.
- ☐ Tell the teacher.

Other idea: _____

You make a mistake, but you know no one saw it.



- ☐ Pretend it didn't happen.
- ☐ Be honest and tell the truth.
- ☐ Fix it if I can.

Other idea: _____



Doing what is right, even when it's hard, shows that we are growing more like Jesus.



Small choices can make a big difference!

Faithfulness

Faithfulness means keeping our promises and being someone others can count on.

"All you need to say is simply 'Yes' or 'No'..."
Matthew 5:37 (NIV)

What would you do?

Read each situation. Choose the best response.
Check the box, or write your own idea.
Being faithful means doing what you say you will do, even when it's not easy!

People can count on me because I keep my promises!

You promised to help set the table for dinner, but now you want to keep playing.



- ☐ Keep playing.
- ☐ Help set the table like you promised.
- ☐ Ask if you can do it after dinner.

Other idea: _____

A friend asks you to meet at the park, but it's starting to rain.



- ☐ Don't go.
- ☐ Go and be there like you said you would.
- ☐ Text your friend and let them know.

Other idea: _____

You say you will bring a book to share with your class, but you can't find it.



- ☐ Hope no one notices.
- ☐ Tell your teacher the truth.
- ☐ Find a different book to bring.

Other idea: _____

Your sibling asks you to keep a secret.



- ☐ Tell someone right away.
- ☐ Keep the secret like you promised (unless it's unsafe).
- ☐ Only tell a friend.

Other idea: _____

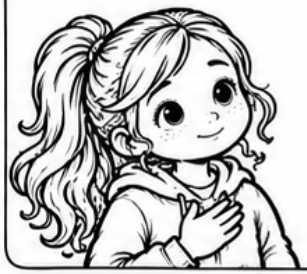
You volunteer to help with a project, but it takes longer than you thought.



- ☐ Give up.
- ☐ Keep going and finish it.
- ☐ Ask for help and don't quit.

Other idea: _____

You make a mistake, but you said you would be honest.



- ☐ Hide it.
- ☐ Tell the truth, even though it's hard.
- ☐ Blame someone else.

Other idea: _____

- Keep Your Promises
- Be Honest
- Be Trustworthy
- Be Faithful

How can you be more faithful this week?

_____

_____

_____



Faithfulness builds trust, strong friendships, and a brighter tomorrow!

Gentleness

Gentleness means using kind words and a calm attitude, even when it's hard.

"A gentle answer turns away wrath, but a harsh word stirs up anger."
Proverbs 15:1 (NIV)

Choose Gentler Words

Each sentence shows a harsh or hurtful response.
Rewrite it using kind-but-honest words.
Try to be gentle while still telling the truth.

Kind words can make a big difference!

1. Your sibling takes your toy without asking.



A harsh response:
"Hey! That's mine! Give it back!"

A gentler response:
_____
_____
_____

2. A classmate makes a mistake in a group project.



A harsh response:
"Ugh! You always mess things up!"

A gentler response:
_____
_____
_____

3. Someone doesn't agree with your idea.



A harsh response:
"Whatever! You're wrong."

A gentler response:
_____
_____
_____

4. A friend accidentally bumps into you.



A harsh response:
"Watch where you're going!"

A gentler response:
_____
_____
_____

5. A family member asks you to do something and you don't feel like it.



A harsh response:
"Do I have to? This is so unfair!"

A gentler response:
_____
_____
_____

6. Someone is having a bad day and is short with you.



A harsh response:
"Wow... That was rude!"

A gentler response:
_____
_____
_____

Be Kind
Be Calm
Choose Gentle Words

Gentleness doesn't mean being quiet —
it means saying what's right in a kind way.



A gentle heart helps others feel safe, valued, and loved!

Self-control

Self-control means choosing to do what is right, even when it's hard.

"It teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age."
Titus 2:12 (NIV)

Stop, Think, Choose

Use these steps to help you make a good choice when your feelings are strong.

Stop
Take a breath. Pause.

→

Think
What is the right thing to do? What would Jesus do?

→

Choose
Make a good choice and do it!

I can choose what is right, even when it's hard!

Read each situation. Use the **Stop, Think, Choose** steps to decide what you could do. Write or draw your idea in the box.

1. You feel really angry because someone said something unkind to you.



My good choice:

2. You really want to grab a snack before dinner, even though you were told to wait.



My good choice:

3. You see a toy (or something) that doesn't belong to you, and no one is looking.



My good choice:

4. You feel like giving up because something is really hard.



My good choice:

5. Your friend is doing something wrong and asks you to keep it a secret.



My good choice:

6. You want to yell or say something hurtful, but you know it's not kind.



My good choice:



I can stop. I can think. I can choose what is right!



Self-control helps me grow into the person God created me to be!

Fruit of the Spirit Match-Up

Match each fruit to its meaning.

Draw a line from the fruit on the left to the matching meaning on the right.

The more we spend time with God, the more His fruit grows in us!

Love	Choosing to do what is right, even when it's hard.
Joy	Showing care and compassion to others.
Peace	Keeping my promises and trusting God.
Patience	Being slow to get angry and waiting with a good attitude.
Kindness	Treating others with respect and a gentle heart.
Goodness	Feeling happy because of what God has done.
Faithfulness	Loving others the way God loves me.
Gentleness	Doing what is right, even when I want to do something else.
Self-control	Feeling calm and trusting God, no matter what.



Which Fruit Is It?

Read each situation. Which Fruit of the Spirit does it show?
Write the right fruit in the blank.

Look for how the person is thinking, feeling, and choosing. That will help you find the fruit!



Love Joy Peace Patience Kindness Goodness Faithfulness Gentleness Self-control

1. Your friend is sad, so you sit with them and listen.



This shows: _____

2. You keep trying a hard math problem, even when it's frustrating.



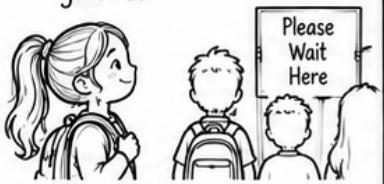
This shows: _____

3. Someone bumps into you in the hallway, and you forgive them.



This shows: _____

4. You wait your turn, even though you really want to go first.



This shows: _____

5. You share your snack with a classmate who didn't have one.



This shows: _____

6. You feel calm and take deep breaths when you feel worried.



This shows: _____

7. You choose to tell the truth, even when it's hard.



This shows: _____

8. You include someone who is sitting alone.



This shows: _____



9. You are happy for your friend when they do well, even if you didn't win.



This shows: _____

10. You use kind words, even when you are mad.



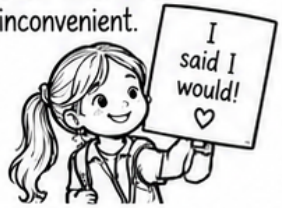
This shows: _____

11. You make a good choice, even when no one is watching.



This shows: _____

12. You keep a promise, even when it's inconvenient.



This shows: _____