

Activity 1

Gentle Loving Care (Group Activity)

Write each child's name on an uncooked egg. Then place the egg in its own bag and tape it shut so they don't open the bags. Explain that these eggs are fragile and must be handled gently. The children should carry their assigned egg with them during the other centers.

Let centers go on as usual. Don't remind anyone about his or her egg. At first the children will likely be very careful with their eggs, but they may eventually forget about their eggs and get careless. Even if the eggs do not crack, your children will find it difficult to be mindful of their eggs for the entire time. Explain that these fragile eggs are like other people. Sometimes we can say something that hurts someone's feelings. We can be harsh with our words and crush others. We can also get frustrated and want to hit someone or be mean to them. Gentleness means treating each person with care, similar to how we needed to care for the eggs. Explain that when we don't pay attention to what God wants and how He wants us to treat others, we will find it hard to be gentle and treat others with care. We can ask God to help us be gentle and mindful of others.

Supplies: Eggs, ziploc bags, sharpie, duct tape

Gentleness L4

Activity 2

Gentle Relay

They will line up in two lines with a basket of cotton balls in front of each line on the other side of the room. The "God's Truth" basket will be placed between the teams, at the starting line. Explain to the children that the cotton balls need to be saved from the devil's trap and they are the only ones who can help God gently lead them back to the truth. One child from each team will walk to the end, put a cotton ball on the spoon, and safely bring it back to the "God's Truth" basket at the start (they will share this basket). He or she will give the spoon to the next kid in line who will then do the same. The team that transports all of their cotton to God's truth basket first wins. However, encourage everyone to help get all the cotton balls back to the truth.

Supplies: 2 baskets of cotton balls, 1 bucket with sign saying "God's truth," 2 large spoons

Gentleness L4

Activity 3

Reflection of Gentleness

Set the paper towel tubes on a table in front of a mirror. Place them in a V-shape pointing toward the mirror. Use the flashlight to shine through one tube toward the mirror. Angle the second tube until you see the light reflected back through the second tube.

The point: When we treat others with gentleness (and love, patience, kindness...) like Jesus did, we reflect the image of God and His love to the people around us.

Supplies: two paper towel tubes, a mirror, a flashlight

Gentleness L4

Activity 4

Craft Mirror

Give each child an oval cutout and have them glue foil or reflective paper to it with the reflective side facing them. Then have the children put stickers around the outer edge of the oval. Then have them tape a craft stick onto the bottom of their circle so they have a handle for their mirror. Make sure they understand it's a mirror so they won't place stickers in the center of it.

The point: When we live our lives with love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control other people see who God is because we are reflecting HIM.

*** When they are finished with this center talk to them about their eggs and see if they have remembered to treat them with gentleness.

Supplies: oval cutouts, foil squares/reflective paper, tape, glue sticks, large craft sticks, fruit stickers

Gentleness L4