

Your older sister makes a face at you. But instead of making a face back, you smile.

Someone pushes you at school and you choose not to push back.

Your teammate JUST misses the winning goal. You tell them, "It's okay. You'll get it next time."

Your parent tells you to clean your room and you do it right away.

Even though it's not your turn to do the dishes, your brother is doing his homework so you do the dishes for him.

When your friend is sad, you say something funny to cheer them up.

Some classmates tease you for going to church, but you go anyway.

When bullies make fun of a friend, you tell your friend, "It's okay. Don't listen to them. They're not being kind."

You did something you know you shouldn't do. When your stepmom asks about it, you tell the truth and say, "I did it," even though you know you'll get in trouble.

When your grandmother is sick, you make her a "Get Well" card.

What to Do:

Print one for each small group.

"Say It! Live It!" Activity Page

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