



Make a *Ripple of Kindness* An Object Lesson



Use household items to test how acts of kindness create ripples and visualize how those ripples impact our world!



Setting Up the Experiment:

Start by gathering materials that you will use to make your “ripples.” You can really use anything you have available in your house. You will want to have different sizes that range from really light to really heavy. Here are the materials we used:

- rice
- rocks
- coins
- corks
- marshmallows
- peppercorns
- large bowl filled with water

The Kindness Object Lesson:

1. **Ask your kids what “kindness” is.**
 - Examples: being *helpful, nice, thoughtful, thankful, and including others.*
2. **Read about how God tells us to treat others.**
 - Ephesians 4:32 Be kind and tender to one another. Forgive one another, just as God forgave you because of what Christ has done.
 - Matthew 7:12 In everything, do to others what you would want them to do to you. This is what is written in the Law and in the Prophets.
3. **Discuss what each item in the experiment is meant to represent.**
 - The bowl represents our community.
 - The table represents our world.
 - The water represents the people and places within our community.
 - Each item we chose represents an act of kindness.

Conduct the “experiment.”

- Have your kids pick one item to throw into the bowl of water. Talk about what happens.
 - The item created ripples in the water.
 - How big were the ripples?
 - Was there a splash?

- Now try throwing 2-3 of each item into the water at the same time and ask the same questions again.
- Finally, try throwing handfuls of each item into the water and, again, revisit the questions.

Talk about how **even single, simple acts of kindness can create a ripple effect that can spread throughout a community**. One act of kindness can cause happiness in a single person. But, because that one person feels happier, she or he is now more inclined to do something kind for someone else. He or she wants to pass that happiness on to others, too!

God tells us to be kind to others and to treat them as we would want to be treated. This may be hard sometimes, but we can ask God to help us be kind to others!

Adapted from lookforlittlehelpers.com