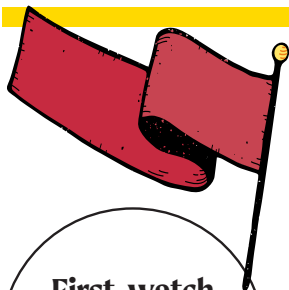


# Super Fan: Cheer Each Other On



First, watch  
this week's  
video!

**Kindness:**  
Showing  
others they  
are valuable  
by how you  
treat them

### Memory Verse

You are God's chosen people. You are holy and dearly loved. So put on tender mercy and kindness as if they were your clothes. Don't be proud. Be gentle and patient. Colossians 3:12, NIV

### Bible Story

Go the Extra Mile  
Matthew 5:41

### Key Question

Have you ever received unexpected kindness?

Use this guide to help your family learn how God wants us to be kind to everyone.

## Activity

### The Extra Mile

#### WHAT YOU NEED:

About 20 index cards, and something for you and your child to write with

#### WHAT YOU DO:

Divide the cards between you and your child. Say, "Let's write down some of the tasks and chores we do on a daily basis—one per card."

*(Take a few minutes to write down five to 10 tasks while your child does the same.)*

Then say, "Now, let's flip the cards over and write down one way we can go 'the extra mile' with that task or chore—in other words, how we can do more than we have to do."

## Talk About the Bible Story

Why is going the extra mile a great way to show kindness? *(It shows people that we value them.)*

When has someone gone the extra mile for you? How did it feel?

What usually keeps us from going the extra mile?

What can you do this week to go the extra mile? Think about homework, schoolwork, friendships, chores at home, relationships with family, sports practice, instrument practice, etc.

*Parents, share an example of when someone went the extra mile for you.*



## Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"Dear God, thank You for this important truth Jesus taught about kindness. We know You were kinder to us than You had to be when You sent us Jesus . . . and that makes us want to do the same for others. Please help us think of ways we can do an unexpected, extra-kind thing for someone else. We love You. In Jesus' name we pray, amen."



## Day 1

Go to [Studio252.tv](http://Studio252.tv) and watch this week's episode of The So & So Show.

➡ Click on Fun2Watch! then The So & So Show.

Even if you already saw it at church, feel free to check it out again!

### SO & SO TOP 3

After watching, write one thing that:

1. You liked: \_\_\_\_\_

\_\_\_\_\_

2. You learned: \_\_\_\_\_

\_\_\_\_\_

3. You'd like to know: \_\_\_\_\_

\_\_\_\_\_

# Journal

Spend some time thinking about the question below and journal your thoughts or share them with a parent.



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## Day 4

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**Have you ever received unexpected kindness?**

What did the other person do? \_\_\_\_\_  
\_\_\_\_\_

How did it make you feel? \_\_\_\_\_  
\_\_\_\_\_

Sometimes what shows kindness to us doesn't mean quite as much to someone else. For some people, having someone pay them a compliment makes them feel so valuable. For others, it's when someone does something kind for them.

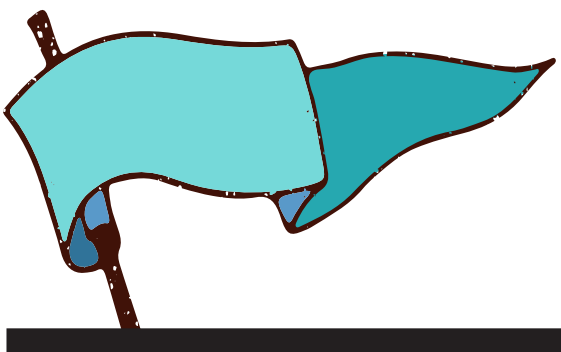
Today, take a poll of your close family and friends. Find out what makes them feel valued. Ask them if they feel most valued by:

- ➔ Acts of service
- ➔ Words of affirmation/  
encouragement
- ➔ Spending quality time together
- ➔ Receiving gifts

Write down everyone's responses, and then save your list for tomorrow!

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## Day 5

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**Take a look at the list you assembled of your family and friends and their preferred way to be shown kindness.**

Pick out a couple of acts of kindness you could do today.

How many of them are things you could repeat? (Like, if your dad feels valued when someone empties the dishwasher — his chore — without asking, maybe you could do it not just one time, but many times!)

Hang this list somewhere you'll see it for a while. Every day, try to pick at least one way to show kindness in a personal way to someone on your list, and then try to do it again another day too! Make showing others how valuable they are a way of life—and especially doing it in ways that means the most to them!

## Day 2

### Read Matthew 5:41

After you read Matthew 5:41, get an adult's permission to go on a little walk. They could go with you, or you can even just walk around the outside of where you live. Before you go, decide exactly how long or far you're going to walk. But now, stop reading this—I mean it! Don't read ahead. Go do your walk, then come back and finish reading.

#### **Don't read until you've walked.**

Okay, are you back now? Well, go back and do the same walk. Yep, do it again. Well, to be clear, you don't have to, but it would be great if you did! Then come back and finish reading.

That second walk was a little unexpected, wasn't it? (Especially if you didn't read ahead!) Hopefully you enjoyed it, especially since you knew you didn't have to do it. Unexpected kindnesses are like that too! When someone knows you didn't have to be kind, but you did more than was expected, it shows them how valuable they are!

## Day 3

### **Being kinder than you have to is not an easy task.**

That's why it's great we can ask God for help showing others how valuable they are by going the second mile! Before filling out the prayer below, think about a person or situation where you find it challenging to be kind. Then fill in the blanks below and read the prayer out loud.

**“Dear God,** thank You for being so kind to me. There are so many ways you have been kinder than You have to be; for making me, for loving me, for sending Jesus to be my Savior. I want to show that same unexpected kindness to others. Sometimes I have a hard time being kind

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(Name of a person or description of a situation,  
like “when I’m grumpy”)

Please help me, to not just be kind, but to be  
extra kind by \_\_\_\_\_

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(One way you can go the second mile in being kind in this  
situation or to this person)

**Thank You for being kind to me and helping  
me be kind to others. In Jesus’ name,  
amen.”**

FEBRUARY  
2021

# Preteen

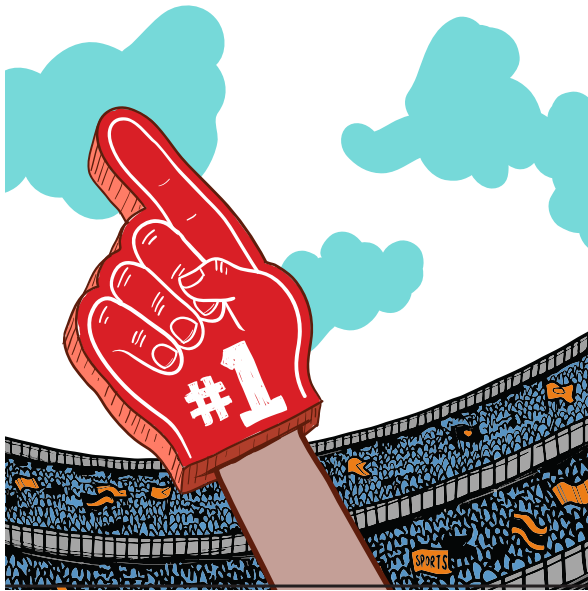
WEEKLY CUES

YOU GOT  
THIS!

## Theme

# Super Fan: Cheer Each Other On

Kindness is showing others they are valuable by how you treat them.



## REMEMBER THIS

"You are God's chosen people. You are holy and dearly loved. So put on tender mercy and kindness as if they were your clothes. Don't be proud. Be gentle and patient."  
Colossians 3:12, NIV

## Week Three

Matthew 5:41  
Go the Extra Mile

## Ask This

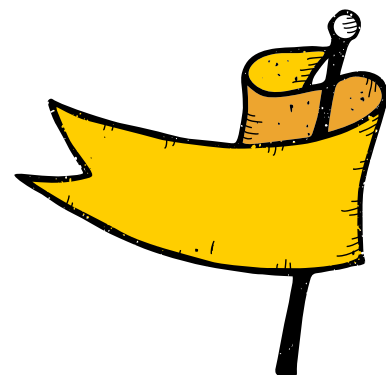
Have you ever received unexpected kindness?

## Do This



## Bed Time

Jesus says that true kindness goes further than just following the rules. It means not only that you don't hit your brother, but maybe you let him take the last cookie. Brainstorm at least three ways you could show kindness where you don't have to during week. Pray that God will show you opportunities to "go the extra mile" each day.





**“Though it’s essential  
for children to see  
people who look like  
them doing amazing  
things; it’s also essential  
for children to see  
people who don’t look  
like them doing those  
same amazing things.”**

**—Candice Wynn**

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For blog posts and parenting resources, visit [TheParentCue.org](https://TheParentCue.org)