**Ruhi Grade 1 Lesson 16: KINDNESS**

Modified from the Ruhi Grade 1 curriculum

**PRAYERS**-

Review previous prayers learned, including “Thy Name is my healing…”

**INTRO TO VIRTUE**: God created all of humanity to live together as one family. If we are to do this, we cannot let differences come between us. Instead we should mingle with people of every religion, race, nation and class with love and kindness in our hearts. We can memorize the following quotation of Baha’u’llah to help us remember this:

**“Blessed is he who mingleth with all men in a spirit of utmost kindliness and love.”**

So what does kindness mean to you?

Can do exploration of meaning of kindness with the following activity:

**Kindness is/Kindness is not** (from Family Virtues Guide with poster, statements cut up that can be taped onto poster- see pictures at [www.supportingthecoreactivities.org](http://www.supportingthecoreactivities.org) under Children’s Classes Grade 1 Lesson 16)

Can also do a science lesson on kindness (see [www.supportingthecoreactivities.org](http://www.supportingthecoreactivities.org) under this lesson for write-up)

**STORY:** You know from some of our earlier stories that when Abdu’l-Baha first arrived in Akka, many of the people treated Him badly. They were cruel to the Bahais and did not want to speak to them (this was a prison city where they had been sent because at that time there were a lot of people being put in prison unfairly because of their believes). Soon, however, they came to see that the Bahais were loving and kind and slowly most of the townspeople in this prison city began to show them kindness in return. But there were a few who clung to their anger and hatred.

Now one day, a man who still carried much hatred in his heart towards Abdu’l-Baha heard others praising His greatness and goodness. The man became outraged. He would show them, he said with anger, that this Person they all revered was NOT so wonderful after all. And off he went, his heart burning with anger. He knew that Abdu’l-Baha could be found praying in the local church/mosque at that hour, and he rushed to where he was, ready to lay violent hands upon Abdu’l-Baha, but Abdu’l Baha looked at the man with serenity (peaceful) and dignity. Lovingly, He reminded him of the teachings of God that we are to be generous to all guests, even those that are different from us. At this, through the actions of Abdu’l Baha, that the man realized that Abdu’l-Baha and the Bahais were indeed guests in Akka, his home. And like a generous host, he should welcome them with love and treat them with kindness.

**Can bring up this quote if you are doing this lesson as a two lesson class or if you just want to share more visual imagery about kindness:**

**“A kindly tongue is the lodestone of the hearts of men. It is the bread of the spirit. It clotheth the words with meaning. It is the fountain of the light of wisdom and understanding.”**

To Juliet Thompson the Master said, ‘Never let anyone speak of another unkindly in your presence. Should anyone do so, stop them. Tell them it is against the commands of Bahá’u’lláh, that He has commanded: “Love one another.” Never speak an unkind word, yourself, against anyone. If you see something wrong, let your silence be your only comment...’

(Honnold, Annamarie, Vignettes from the Life of “‘Abdu’l-Baha, p. 39)

Can also share this story, highlighting how we need to be kind even when people are mean, and that kindness is like a magnet for the hearts. *For this story, you might need to give a little background as to why someone would hate Abdu'l-Baha- i.e. they had heard lies and rumors.:*

In ‘Akka there lived a man who so hated ‘Abdu’l-Bahá that he would turn his back when he met Him, fearing lest he lost his hatred. One day they met in such a narrow street that the enemy was forced to meet ‘Abdu’l-Bahá face to face. ‘Abdu’l-Bahá tapped the man upon the shoulder and said, ‘Wait a few moments until I speak. However great may be your hatred of Me it can never be as strong as My love for you.’ The man was startled, awakened, and made to feel the unconquerable power of love.

(Honnold, Annamarie, Vignettes from the Life of ‘Abdu’l-Baha, p. 102)

**SONGS:**

**Utmost Love and Kindliness Song** (Tim Urbonya, Angels in the World CD) with DRUMS: “Treat all thy friends and relatives, even strangers, with the spirit of utmost love and kindliness”

**In Japan (Ruhi Grade 1 Song from Ruhi Book 3 curriculum)**

**Kindness Song** by Red Grammer

**Little Acts of Kindness** by Bunny Hull on Music for Young Masters CD

**Strive** by Tim Urbonya (strive that your actions day by day may be beautiful prayers…)

**Virtues in Us; Kindness Songs** (available at www.cdbaby.com)

**Circle of Light** by Red Grammer

**COOPERATIVE GAME**

**The Hidden Quality**

Tell the children to form a circle with their hands out in front of them. Stand in the middle of the circle, holding a coin or another object like a plastic gem. The gem represents a quality for instance “kindness”. Then as you walk along, pass your hand over the hands of each child and say, for example: “Gia is kind, Lilly is kind, Alex is kind, and so on.” Each child should close his or her hands, acting as though you have given him or her the gem. You should actually leave the gem in the and of one of the children. When you have gone around the entire circle, one child should try to guess who has the gem by saying, for example, “Sarah is very kind.” Then Sarah should open his hands and show whether or not she has the gem. The child is given 3 tries to guess who has the gem, after which the game is repeated using another quality.

**Can add in a book about kindness if time permits:**

Here are some options:

The Kindness Quilt by Nancy Elizabeth Wallace

I See Kindness Everywhere by Shelley Frost

The Teddy Bear by David McPhail (great example of kindness)

Kindness is Cooler, Mrs. Ruler by Margery Cuyler

Good People Everywhere by Lynea Gillen

**CRAFT-**

**Kindness Quilt**- each child could draw out on a square sheet a deed of kindness they will do that week and then once they have completed it, they can add it to a kindness quilt that is being made by the whole class (can just be squares mounted onto colored paper and then onto a poster)

**Coloring Sheet from Ruhi Grade 1 Lesson**