

Fruits of a Loving Heart

Month: Feb.

Week #: 23

Day: a. Mon. Time: 30 min.

Hearts of Kindness

Life Tree Learning Systems ©

Objectives/Aims

The students will: perform acts of kindness.

Materials

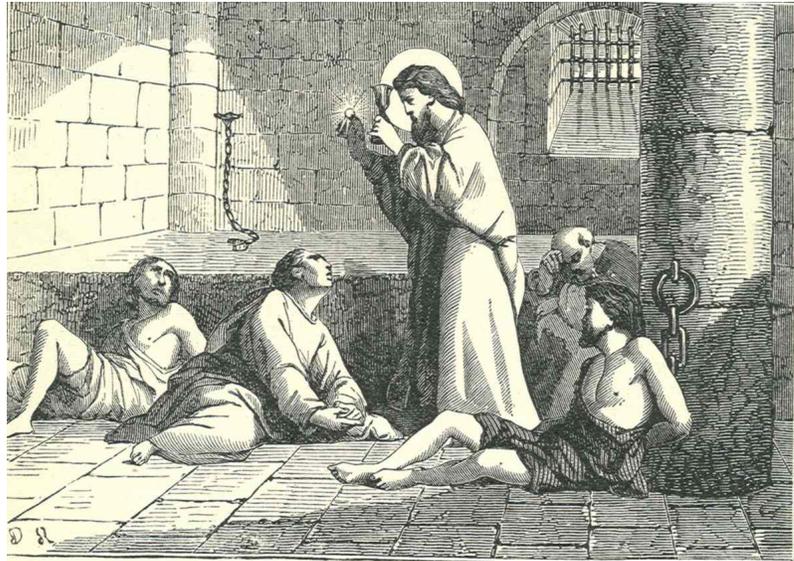
enough paper hearts so that each student has two

Illustration

Who is this person whose many acts of kindness inspired a holiday that is celebrated even today? Say, have you made your Valentine's Day cards yet?

Background

According to some ancient Christian stories, Valentine used to secretly send little notes of love and encouragement to his Christian friends while he was in prison. Many people believe that this is why we send Valentines on his feast day. Other people think that the Valentine custom is celebrated on February 14 because that was the day of the year when Romans, whom the Christians regarded as pagans, used to choose their boyfriends and girlfriends. When these



Romans converted to Christianity, they kept up this custom but carried it out in honor of St. Valentine. (See References.)

Today, Valentine's Day is celebrated by the giving of flowers, candy and cards. Amongst adults, it is typically a day of romance, while for children and students, it is more of a day of fun and parties. To make this day, and week, more meaningful and relevant for you students, I've taken the idea from the Roman Catholics, for whom St. Valentine is the patron saint of love and friendship, and decided to focus on the attributes of friendship: Fruits of a Loving Heart. These fruits include: kindness, gentleness, patience, generosity and joy.

Group Activity

1. Say, "Valentine's Day is usually celebrated on one day, but we're going to celebrate Valentine's Day each and every day of this week. Read the 'Background' information aloud to the students.
2. Say, "Today we're going to focus on the attribute of kindness. Who can tell me some specific acts of kindness? I'm looking for acts of kindness where you don't just say something nice but actually do something kind to the person." List examples on the board. Some examples include sharpening somebody's pencil, helping them with their work, helping them tie their shoes, inviting them to play with you, etc.)
3. Say, "I'm now going to give you each two paper hearts. Each of these hearts represent an act of kindness. Each time you do something kind to somebody else, give them one of your paper

Group Activity (continued)

hearts. It needs to be an actual action, not just something you say. Your goal is to get rid of all your paper hearts by (set a time limit for the activity). You will also be trying to give away hearts that are given to you. Remember not to interrupt a student who is concentrating on a work. Another rule is that you always have to give your heart to a different person. Now, who can tell me the rules for this heart game?"

4. Say, "When someone gives you a gift or does something kind to you, what do you say? A: *We say, 'Thank you.'* Remember to accept these acts of kindness graciously and to say thank you."

Note: At some point the students will realize that it is impossible to get rid of all of their hearts as they will continually receive new hearts from other students. Simply acknowledge this fact and amend the rule to say that it's okay if they are unable to give away all of their hearts. Additionally, be conscious of any students that might not be receiving any hearts.

Group Discussion Questions (Done at the end of the allotted time period.)

1. What did you like about this activity?

A: Answers will vary.

2. How does performing these acts of kindness make our community better?

A: People help each other; when people do nice things to you, you know that they care about you, etc.

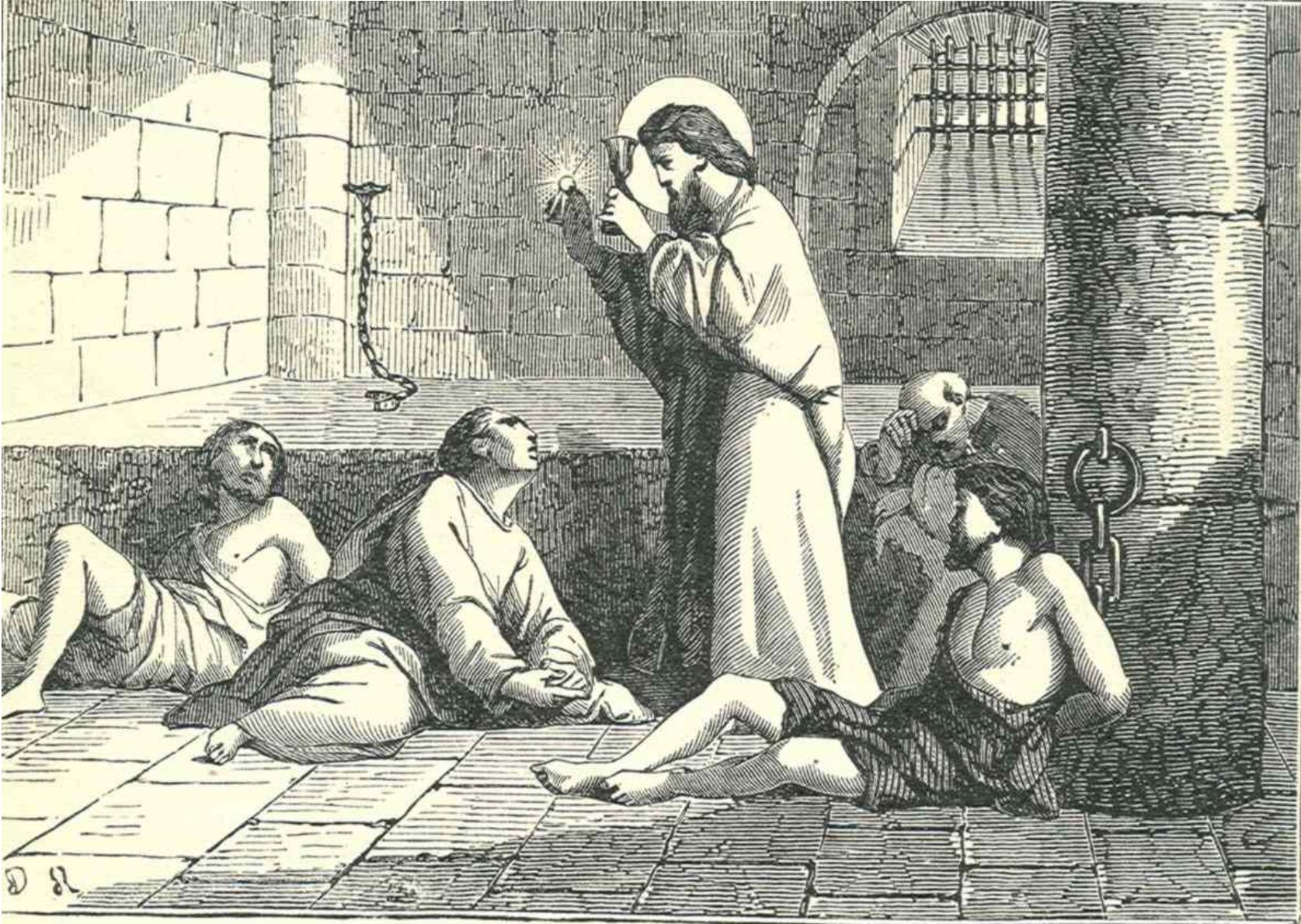
Variations/Extensions

Conclusion

Say, "We all want to be treated with patience, kindness, generosity and gentleness, and we all want to share joy with others. These 'fruits of a loving heart' aren't typically thought about during this holiday, and yet they are often there. They are there in the paper hearts and silly cards and in the parties and the candy... I think it would bring a smile to St. Valentine's face and a good feeling to his heart."

Feb. 23 a. Mon.

Fruits of a Loving Heart: Hearts of Kindness



Who is this person whose many acts of kindness inspired a holiday that is celebrated even today? Say, have you made your Valentine's Day cards yet?

Fruits of a Loving Heart

Objectives/Aims

By the end of this unit, your child will recognize that true generosity involves giving from the heart.

Background for Parents

According to some ancient Christian stories, Valentine used to secretly send little notes of love and encouragement to his Christian friends while he was in prison. Many people believe that this is why we send Valentines on his feast day. Other people think that the Valentine custom is celebrated on February 14 because that was the day of the year when Romans, whom the Christians regarded as pagans, used to choose their boyfriends and girlfriends. When these Romans converted to Christianity, they kept up this custom but carried it out in honor of St. Valentine.

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Day 1 - 3

1. Either read the following passage by yourself, in concert with your parent or listen carefully as your parent reads it and then discuss what it means.

The dictionary defines 'generous' as 'characterized by a noble or forbearing spirit,' which means that the person doing the giving is willing to contribute some of themselves for another. This means that they care about the other person. The giving is personal, not just an empty gesture or something you do because everybody else is doing it... like giving Valentine cards. So, we are still going to give each other Valentine cards, but with a difference. These cards are going to be given from the heart, and since we are studying 'fruits of the heart,' this makes sense. This means that cards need to show, in some way, that you truly care about the other person. It can be a handmade card where you do your best job possible to make a card the other person would like. It also can be a store bought card, but with something personal written on it like a compliment, a funny joke, or a poem. And if it's store bought, you'll try to pick out one that fits the other person, one that they would truly like. P.I. _____

2. Make a personalized card for each person in the classroom.