



OBJECT LESSON

Kindness Boost

[10 min]

Supplies

- basketball (1 per small group)
- tennis ball (1 per small group)
- other bouncy balls like playground balls or golf balls

Tip

- For this experiment, the more open space, the better!

Demonstrate the Ball Bounce

Say: **I have a basketball and a tennis ball. Watch what happens when I hold them together and drop them at the same time.**

- Place your left hand under the basketball.
- Use your right hand to place and hold the tennis ball on top of the basketball.
- Have kids count to three with you, then drop both balls at the same time. Make sure the balls are touching as you drop them. The upward force of the basketball should make the tennis ball bounce high into the air.

Have Kids Bounce Balls

Say: **Now it's your turn! Choose three balls and, with your groups, experiment to see how high you can make the top ball bounce.**

- Have small groups each choose three balls, making sure that each group has a basketball and a tennis ball.
- Encourage kids to work together to stack and drop the balls. They can experiment with different orders and different kinds of balls to see which combination makes the top ball bounce the highest. Make sure everyone gets a turn to try.
- After several minutes, have each group conduct a ball drop for the rest of the groups. Cheer for and encourage each group.

Talk About It

Say: **When we're kind, we support others and lift them up.**

Have small groups discuss these questions.

Ask: • **How did the balls show how kindness can lift someone up?**

• **How did the balls show how kindness can continue to be passed on?**

Say: **Have you ever heard the phrase "pay it forward"? When we pay it forward, we perform a random act of kindness that helps someone out. It's kind of like how the basketball gives the tennis ball an extra lift. And then that person might continue to pass on kindness!**

Ask: • **What kind things have you or someone you know done to "pay it forward"? Have small-group leaders share first, and then have kids share in their groups.**

Say: **Kindness is a fruit of the Spirit. When we're kind, we elevate others' needs above our own and pass along kindness that can bring joy to people in need of a boost.**