



Supplies

- modeling dough

Easy Prep

- Form balls of modeling dough (1 per child). Allow the dough to harden by chilling it in a refrigerator.

Work Dough With Hands

Say: **It's not easy to be kind to people who are mean. Sometimes people with hard hearts are angry or sad. But God's kindness can soften their hearts. Kindness is a fruit of the Spirit, so God can help us be kind even when it's hard. Let's do something to help us think about that. We'll see if our hands can bring kindness to some hard modeling dough by softening it, kind of like God can soften people's hearts.**

- Give kids each a ball of hardened modeling dough to hold in their hands.
- Have kids gently knead the dough with their hands to soften it.
- As they work the dough, have kids share ways their hands can show kindness to others. For example, they could use their hands to hug someone who's sad or hurt, or they could use their hands to help prepare dinner.
- Encourage kids to keep kneading the dough until it's soft. Then have them create something with their dough.

Talk About It

Say: **Our hands were kind to this hard dough and made it soft. That's like when God changes people's hard, angry hearts. Kindness is a fruit of the Spirit, so God can change our hearts to be soft and loving. We were able to soften this dough and shape it into something beautiful! We can be kind to people, too. And it may take some time, but God's kindness can soften hearts and help people be happy!**