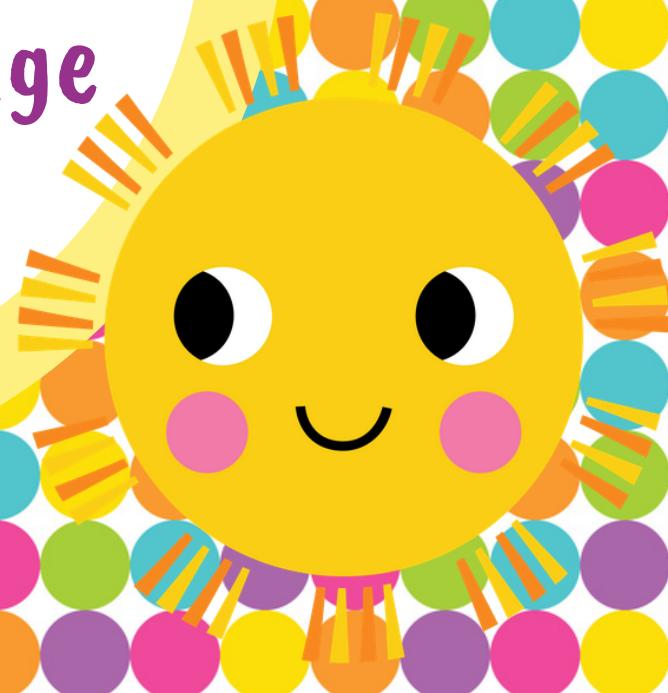


A Family
ACTS OF KINDNESS
Sunbeam Challenge



Random Acts of Kindness should never
be reserved for the holidays.

The Bible says we are to let our lights shine
before men, ALWAYS!

As a family, may we make doing
Random Acts of Kindness, a year round habit.

Get kids excited about sharing God's Love through their
acts of service and love.

Make it fun, with this sweet

SUNBEAMS FOR JESUS

activity.



Is your family ready for the challenge?

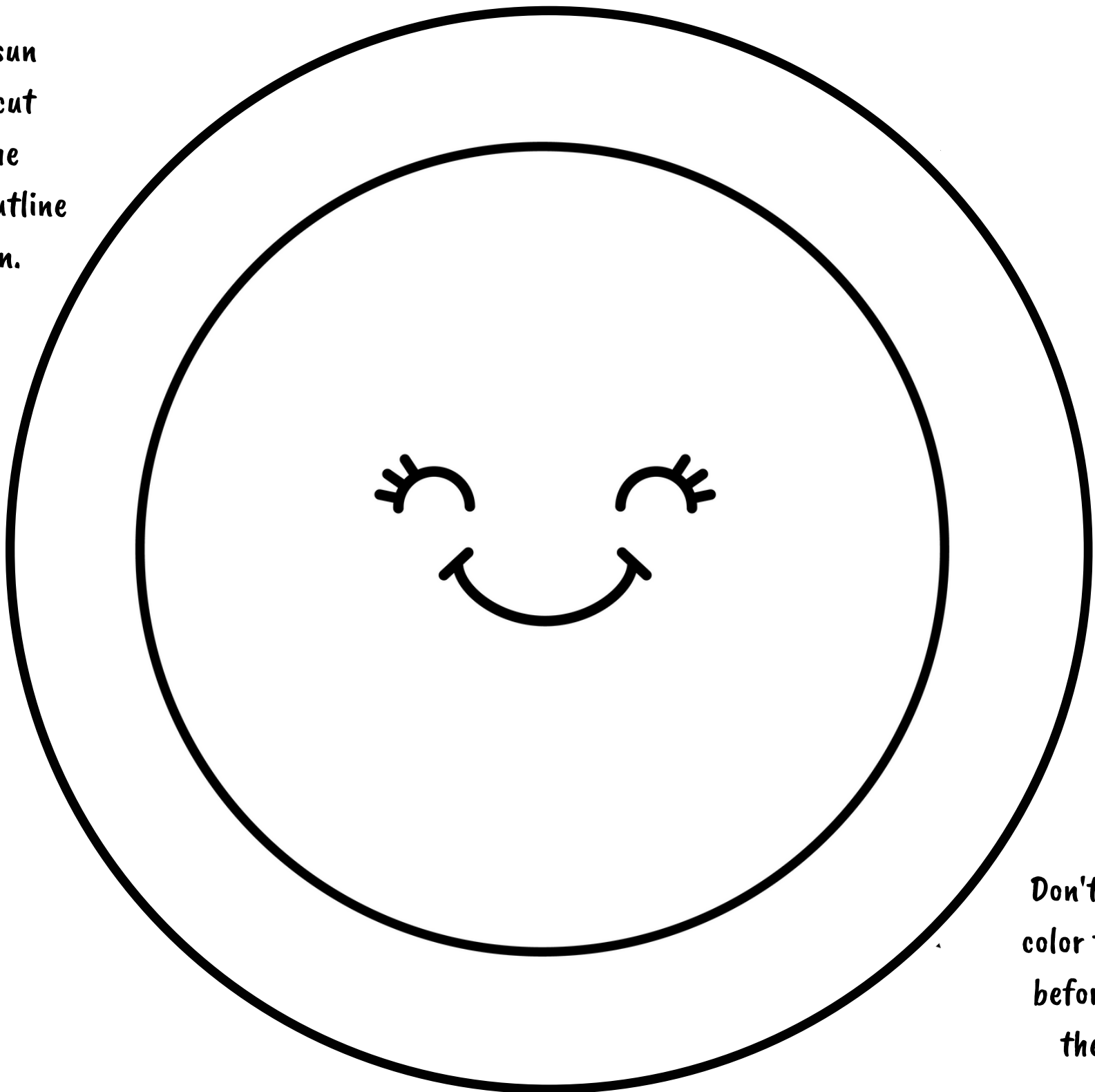
1. Print sheets 4 onwards, on white card stock paper.
2. Cut around the outline of the sun, and glue it onto poster paper (any color).
3. Now stick the poster on a wall, where it will be visible for your family to see, daily.
4. Cut out the Kindness Challenge "beams", and place them in a box or jar. (A blank sheet of beams is included for your family to include any additional challenges you may think of.)
5. Have the kids pick a "beam" challenge, each day, for your family to complete.

(Remember, there are no rules. You can do this every other day, or just whenever your family decides it is "SUNBEAM" time!)

6. When done, glue the beam to the sun.
- The more beams, the brighter the sun shines!



Color the sun
and then cut
around the
outermost outline
of the sun.



Don't forget to
color the beams,
before you cut
them out!

Paint rocks, and write an inspirational message on each rock. Leave your kindness rocks around the neighborhood, or at the park.

Leave water and snacks out for your mailman, and courier delivery driver, with a Thank You note.

Write inspirational messages, and draw happy pictures on your driveway, with sidewalk chalk, to encourage people who walk by your home.

Offer to wash (and clean) an elderly friend or neighbor's car, or yard.

Bake muffins/cookies (or buy), for a local community worker(s). Make a card or write a note, to thank them for what they do.

Donate gently used towels, blankets and newspapers, to your local animal shelter.

Clean out your bookshelves, and donate your gently used books to the local children's home, or place them in a Little Free Library.

Find the loose change lying around the house, and donate it to a local cause/organization.

Do a chore, without being asked.

Leave a note, card, or a handmade gift, in a friend's mailbox.

Buy flowers for an elderly friend,
or someone going through a difficult time.

Offer to walk your neighbor's dog.

Visit the local park, duck pond or trail.
Help clean up trash littered around.
(Go prepared, with gloves and bags.)

Donate coloring books and crayons to the
local children's hospital.

Help feed, play, and clean your pet,
without being asked.

Do a family member's chore.

Write notes, or make cards of love and
appreciation, for every member in your family.

Offer to make a meal for a family with a
newborn baby, or someone who is sick.

Buy a meal and hygiene supplies for
someone who is homeless.

Sort and organize gently used toys and games, to
donate to a local women's home/shelter.



THE SUNBEAM CHALLENGE- SCRIPTURE MOTIVATOR

Color and memorize this Bible verse, as a family
May this be your family's anthem,
through the challenge.

Let your light
so shine before men,
that they may see your good works,
and glorify your Father
which is in heaven.

Matthew 5:16

