

THE FRUIT OF THE SPIRIT

A 9-Week Series for 1st, 2nd, and 3rd Grade



Poet Prints TEACHING

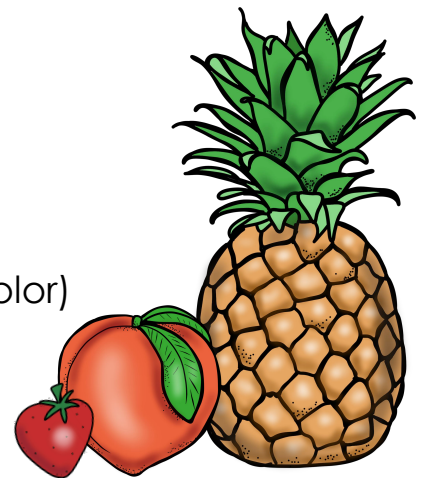


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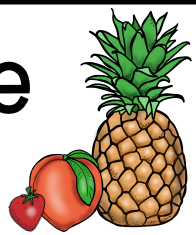
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All Days Include...

- Teaching Instructions
- Printable Poster
- Student Journal Activity (in two levels)
- Printable Craft Pages (in black and white and full color)
- Take-Home Worksheet NIV
- Take-Home Worksheet KJV



Fruit of the Spirit Teaching Guide



What is the Fruit of the Spirit?

The fruit of the Spirit are gifts that God gives us through His Spirit. They are planted like seeds and grow as we grow closer to Him.

Explaining the Fruit of the Spirit to Kids – An Object Lesson

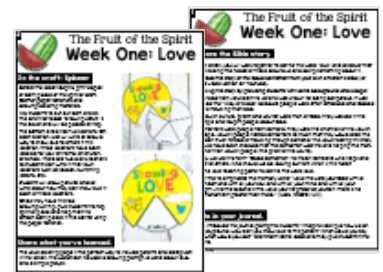
Before you begin this series, teach the [fruit of the Spirit object lesson](#) found on page 7. It's a great way to help your kids to visualize the fruit of the Spirit and how it is grown in our lives.

Teaching The Lessons

All nine Fruit of the Spirit lessons are structured similarly to make them easy to teach week after week.

Teaching Instructions

Start each lesson with these pages. These instructions provide prompts for the teacher, set-up instructions, background information on each story, discussion questions, and more.



Teaching Poster

The posters define each fruit of the Spirit in kid-friendly terms.



Journal

Connect each lesson to your own lives with a journal prompt. Choose from two different printable journal papers.

Printable Craft Pages

Each lesson includes a hands-on activity, printable craft, or both! Decide if you want to print the crafts in color or have kids do the coloring themselves.

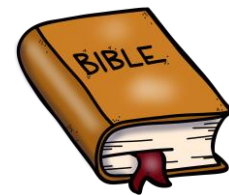


Take-Home Worksheet

This worksheet helps to keep caregivers in the loop and includes a drawing prompt if you have some extra time. It includes a simple prayer and a memory verse in NIV or KJV.



Finding Bible Stories



These Bible lessons are designed to be taught using your own children's Bible.

Which kids' Bible do you use?

I love both the "Jesus Storybook Bible" and "Jesus Calling Bible" when teaching kids in 1st, 2nd, and 3rd grades. You can read more about these Bibles, and why I use them, [on this blog post](#).

What if a story isn't in my kids Bible?

From time to time, these Bible lessons will reference a story that isn't found in your personal children's Bible. When this happens, I suggest finding a version on YouTube, or by doing a Google search.

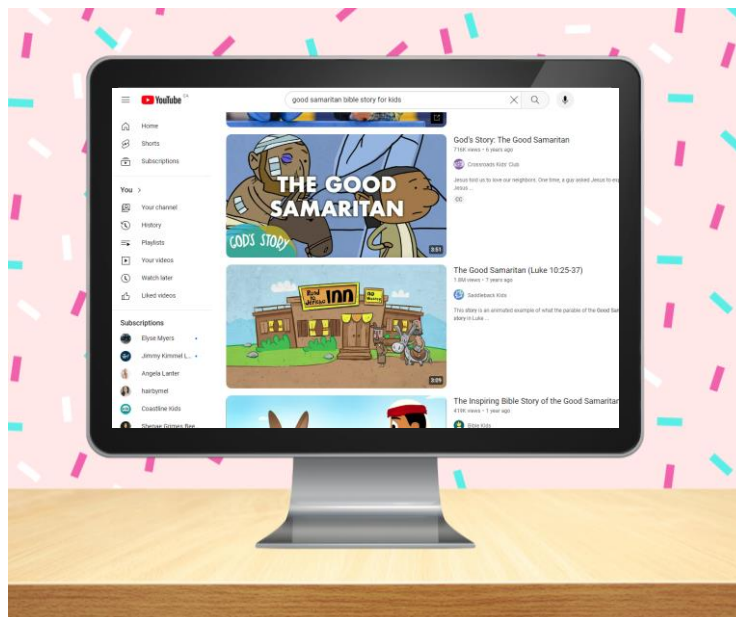
Finding a story using Google.

If a story is unavailable in your own children's Bible, you can often find it by typing the title of the story plus "Bible story for kids" into Google. Many reputable websites include kid-friendly versions of Bible stories. Find one that works for you and print it out!

- *"The story of Abigail Bible story for kids"*
- *"Daniel and His friends Bible story for kids"*
- *"Daniel in the Den of Lions Bible story for kids"*

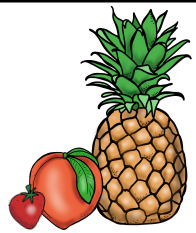
Finding a story on YouTube.

Similar to using Google, I type the search terms into YouTube. Many churches and online children's ministries have uploaded Bible stories in video form. These can be a great way to capture kids' attention during your Bible lesson! I can often find stories I'm looking for on the YouTube channels [Saddleback Kids](#), [Minno – Bible Stories for Kids](#), [Bible Kids](#), or [Crossroads Kids' Club](#).



Object Lesson

What is the Fruit of the Spirit?



This object lesson is a great way to start your series on the fruit of the Spirit. Teach it to your whole group before you dive into Lesson 1: Love.

Gather the supplies on the list to the right and have them ready before leading the lesson below.

Seed Packet

(something that will sprout quickly like beans, sunflowers, etc.)

Small Pot

Soil

Water

Teacher Script:

Hold out a small handful of seeds so your students can see them. Then ask, "What are these and what do we do with them?" (*They are seeds, we plant them so they can grow.*)

Say, "It's time to start planting! I'm looking forward to these things growing!" As you plant the seeds, start listing the fruit of the Spirit. Put a seed in the soil and say, "Love". Plant a second seed and say, "Joy". Plant a third seed and say, "Peace". Continue this for every fruit of the Spirit.

"All right! I've planted all my seeds, so now I just have to wait for these seeds to grow and then I'll get better at all these things!"

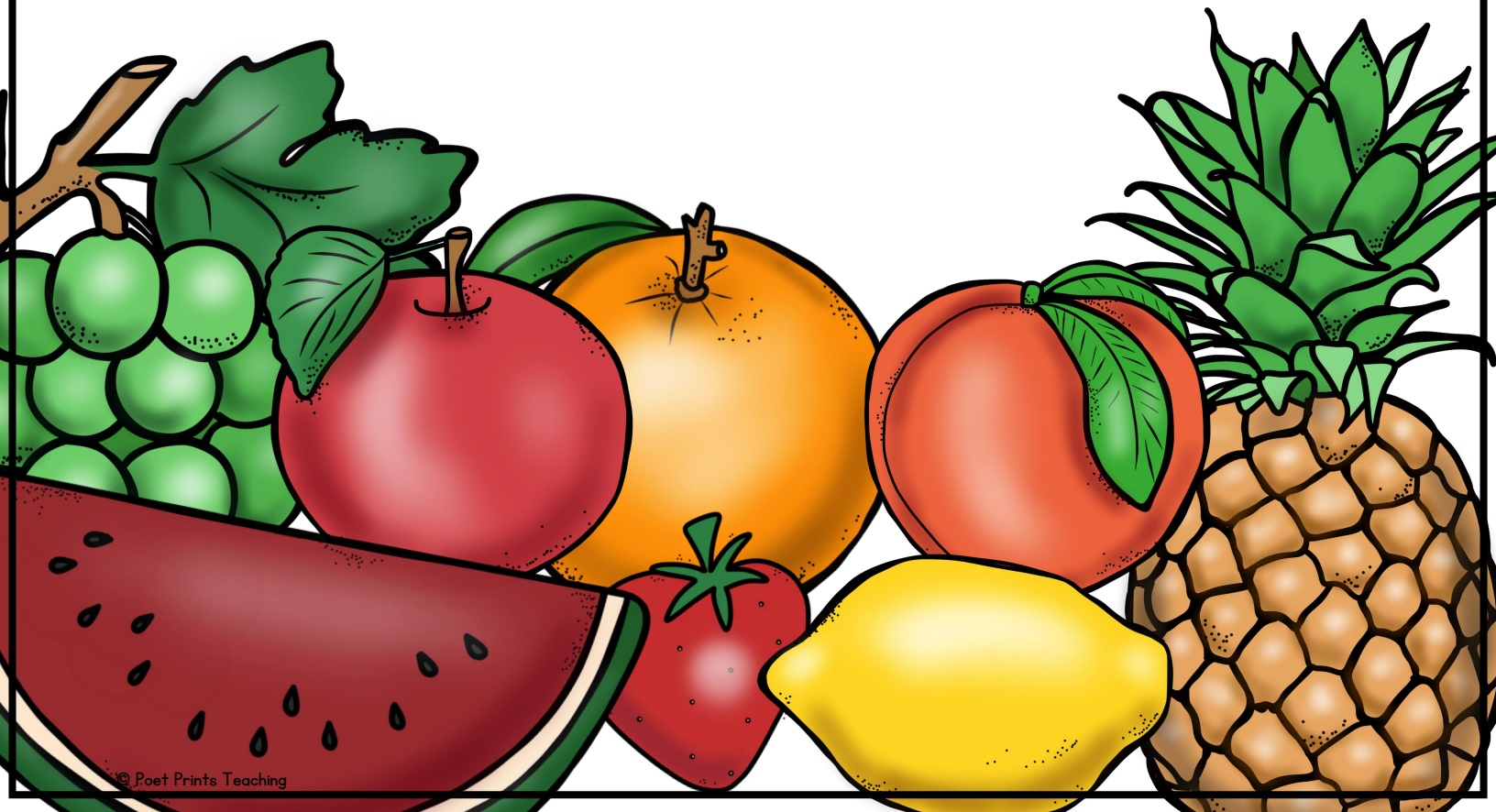
At this point, your students might look confused. Play into that and say, "Wait. Do things like that grow from seeds? No, of course not! Fruit, plants, and vegetables grow from seeds. But the Bible does talk about things called the fruit of the Spirit. These are the things I was just listing: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. These are like seeds that God plants in our hearts, just like we planted these seeds in dirt."

Ask students, "What do fruit and vegetable seeds need to grow?" (*water, soil, air, sunlight*). Then say, "The fruit of the Spirit also need things to grow. We don't have to magically choose to be patient, joyful, or loving. The Holy Spirit grows these 'seeds' into fruit when we spend time with God. How can we spend time with God?" (*We can spend time singing worship songs, praying, reading His Word, and going to church.*)

Conclude by saying, "So now every time you look at these pots and see the seeds begin to grow, you can think about how God wants the fruit in our hearts to grow. The fruit of the Spirit are not going to grow magically. Just like plants need soil, water, air, and sun to grow, the fruit of the Spirit grows when we spend time with God."

The Fruit of the Spirit

are gifts that God gives us through His Spirit. They are planted like seeds and grow as we grow closer to Him.



LOVE

Teaching Guide

Printable Poster

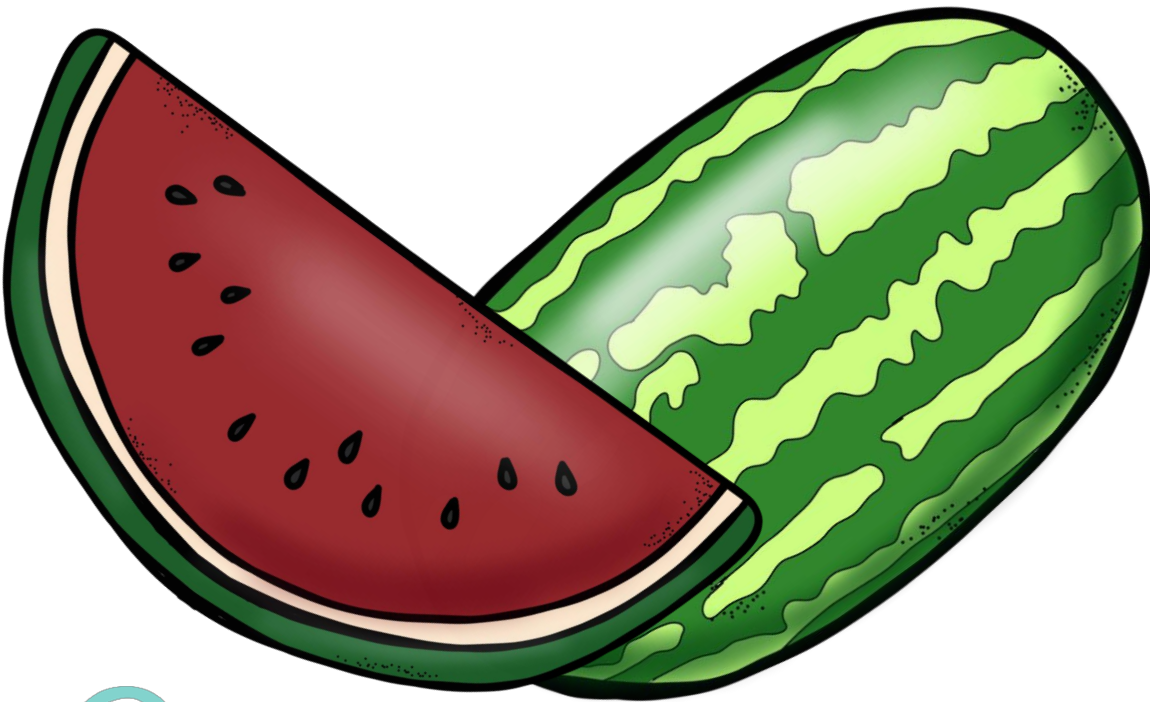
Journalling Activity

Printable Craft Pages

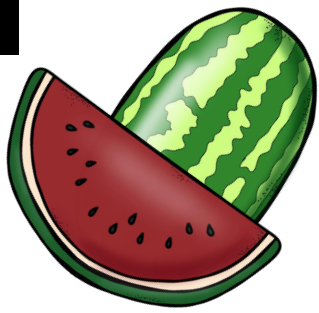
(includes one full-color cover page option)

Take-Home Worksheet NIV

Take-Home Worksheet KJV



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The Fruit of the Spirit Week One: Love

Explore the Bible story.

In this lesson, you will work together to define the word 'love' and discover that love is seeing the needs of those around us and doing something about it.

First, **read the story of The Good Samaritan from your own children's Bible** (or find a video version on YouTube).

Follow up the story by providing students with some background knowledge:

- The road from Jerusalem to Jericho was known for being dangerous. It was called the "Way of Blood" because people were often attacked and robbed while traveling that road.
- In Jewish culture, priests and Levites were men of God. They worked in the temple and taught people about God.
- Samaritans were people from Samaria. They were the enemies of the Jewish people. Jewish people hated Samaritans so much that they would cross the Jordan River instead of traveling through Samaria. The Jews hearing this story would have been shocked that the Samaritan was the one helping the man, rather than Jewish people (the priest or the Levite).

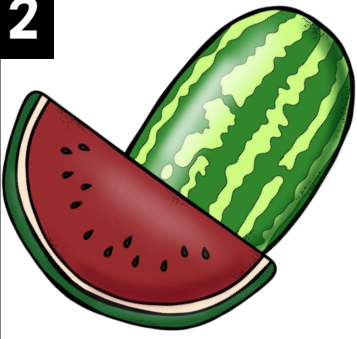
Today, we use the term "Good Samaritan" to mean someone who helps and cares for others. Who should we be looking out for? When is this hard?

Use the love teaching poster to define the word love.

Take time to emphasize the memory verse: *"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. And the second is this. Love your neighbor as yourself. There is no commandment greater than these."* (Mark 12:30-31 NIV)

Write in your journal.

Next, introduce the journal prompt to students: "Imagine seeing a new kid on the playground. How can you show love to this person? What would you say and what would you do?" Brainstorm some ideas and then give students time to write.



The Fruit of the Spirit Week One: Love

Do the craft: Spinner

Before the lesson begins, print copies of both pieces of the spinner craft. Gather paper fasteners and drawing/coloring materials.

Ask students to cut out both circles. The one that reads "Showing LOVE" is the cover and will be placed on top.

The bottom circle has five sections. On each section, kids will write or draw a way to show love to others in this location. Three locations have been labeled for you: at home, at church, at school. There are two blank sections so students can write in their own locations such as soccer, swimming lessons, etc.

Students will draw pictures and/or write about how they can show love in each of these locations.

Once they have finished drawing/writing, give students the top spinner piece and help them to attach both pieces in the center using the paper fastener.

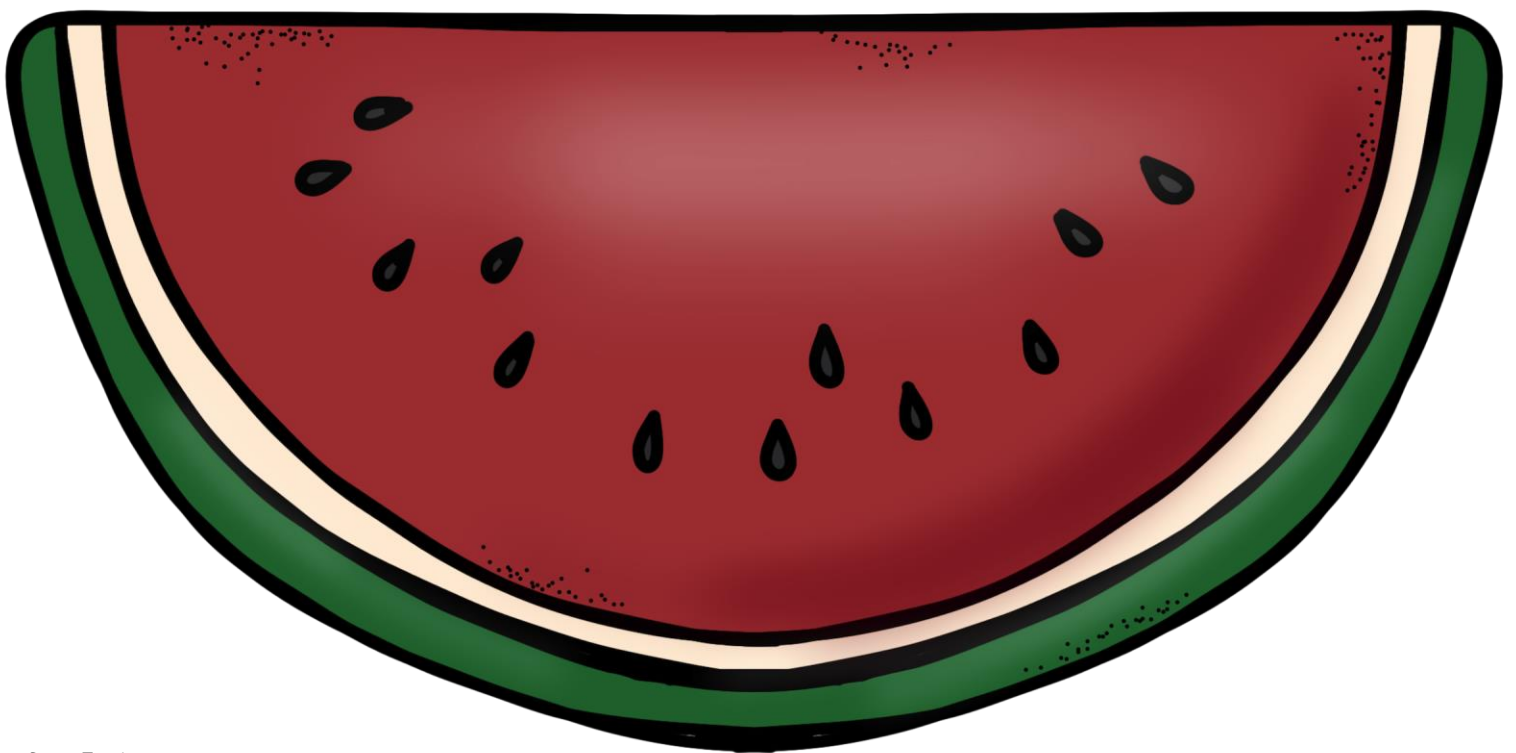


Share what you've learned.

The Love coloring page is the perfect way to include parents and caregivers in the lesson. The worksheet includes a drawing prompt, a verse about love, and a simple prayer.

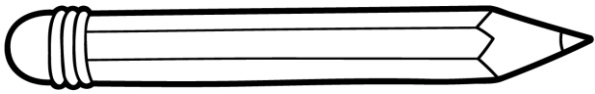
Love is

caring about
someone, helping
them, and keeping
them safe.



Name: _____

love



Journal About It

Imagine seeing a new kid on the playground. How can you show love to this person? What would you say and what would you do?

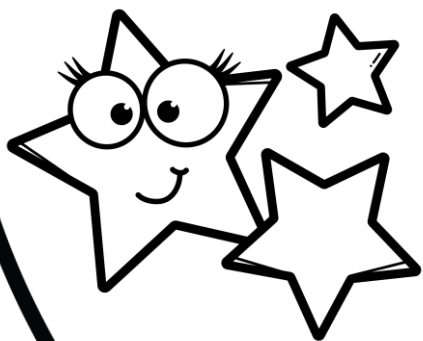
Draw a picture.

love



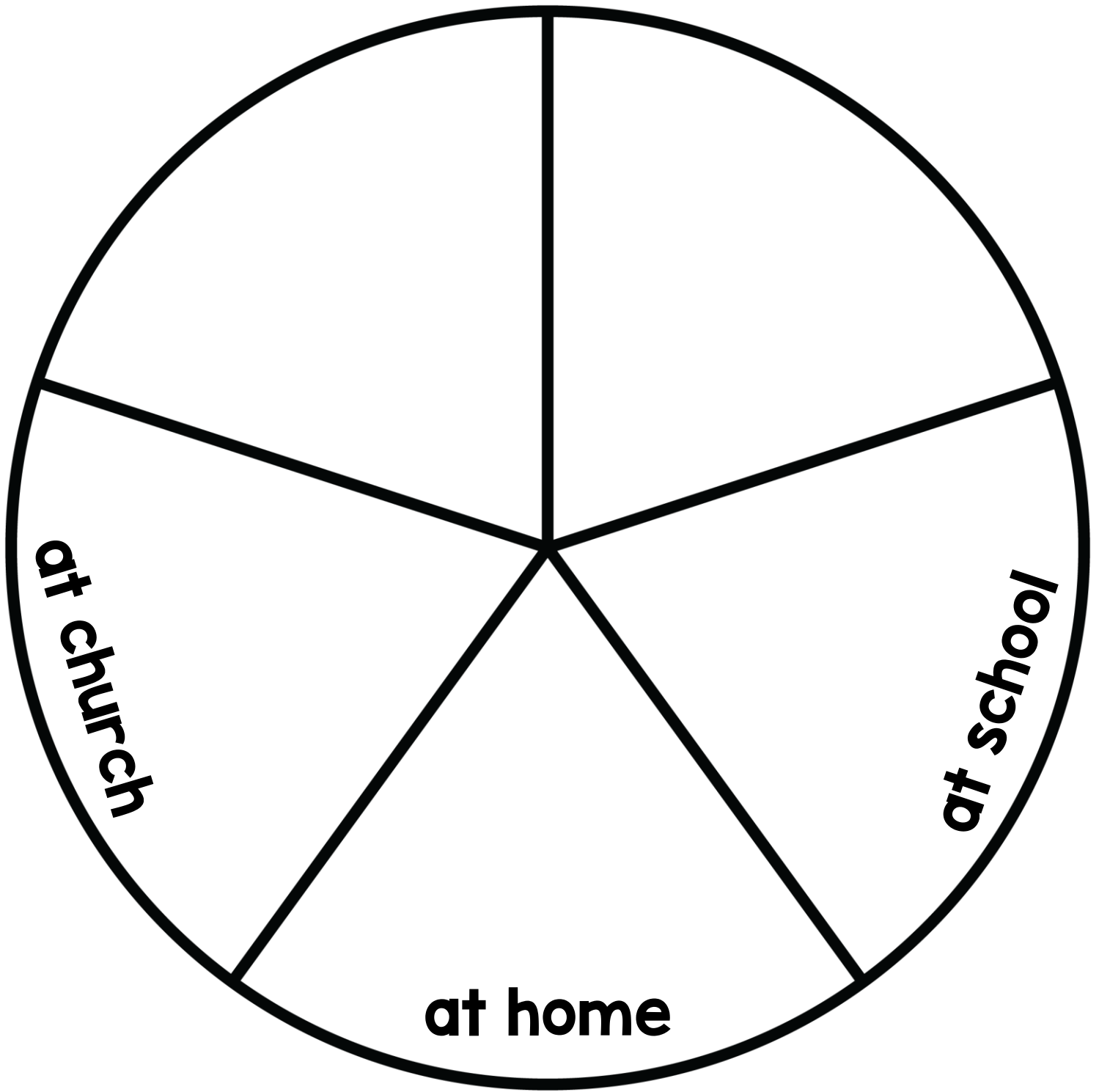
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Showing LOVE

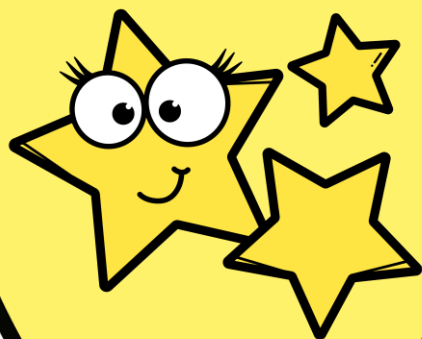


Name:





Showing LOVE



Name:



Love is caring about someone, helping them, and keeping them safe.

Draw a picture of a way you can show love to your neighbor.

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PRAY ABOUT IT

God, thank you that you love me. Thank you for this story about loving our neighbor. Sometimes it's hard to love my neighbors. Sometimes I want to do things my way instead of your way. Help me to show your love to others, even when it is hard. Amen.

Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. And the second is this. Love your neighbor as yourself. There is no commandment greater than these.

Mark 12:30-31 NIV

Love is caring about someone, helping them, and keeping them safe.

Draw a picture of a way you can show love to your neighbor.

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PRAY ABOUT IT

God, thank you that you love me. Thank you for this story about loving our neighbor. Sometimes it's hard to love my neighbors. Sometimes I want to do things my way instead of your way. Help me to show your love to others, even when it is hard. Amen.

Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength; this is the first commandment. And the second is like, namely this, Thou shalt love thy neighbour as thyself. There is none other commandment greater than these.

Mark 12:30-31 KJV

JOY

Teaching Guide

Printable Poster

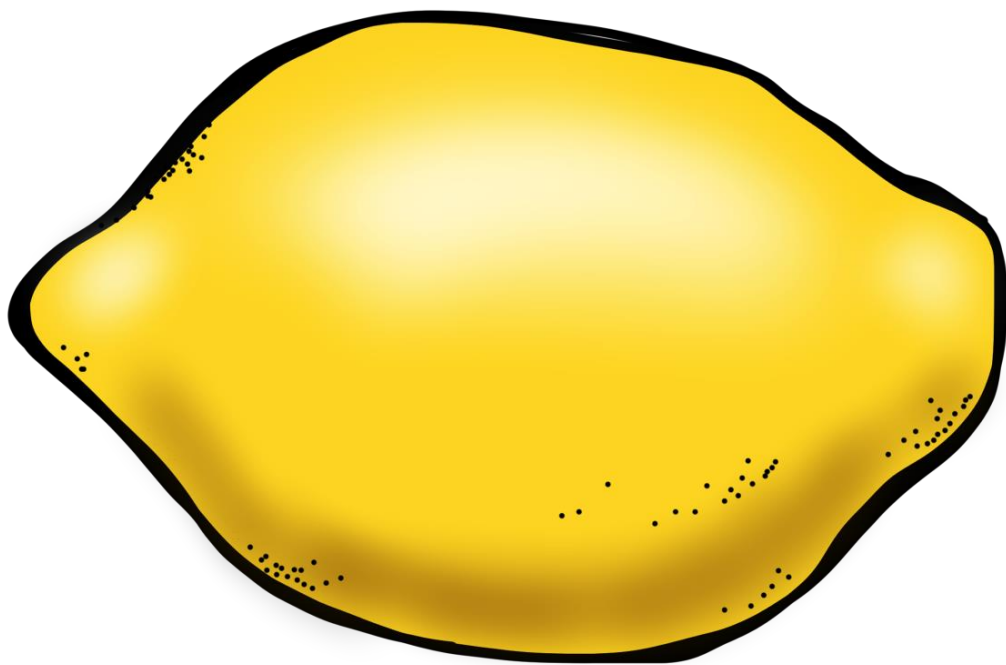
Journalling Activity

Printable Craft Pages

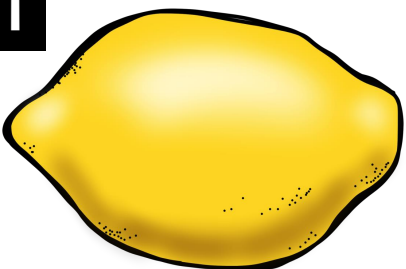
(includes one full color option)

Take-Home Worksheet NIV

Take-Home Worksheet KJV



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The Fruit of the Spirit

Week Two: Joy

Explore the Bible story.

In this lesson, you will work together to define the word 'joy' and discover that joy is gladness in knowing that God controls all the details. It is trusting that He is always with us. Joy is possible even when things are hard and we are going through challenging situations. Joy is not the same as happiness. Joy is a deep sense of knowing that God is with us through the good and bad times. (Happiness depends on good things happening to us.)

First, read the story of Paul and Silas Singing in Jail (Acts 16:16-36) from your own children's Bible (or find a video version on YouTube). Make sure to emphasize the part of the story where Paul and Silas were singing, even though they had been put in jail and hurt by their captors.

Follow up the story by providing students with some background knowledge and questions:

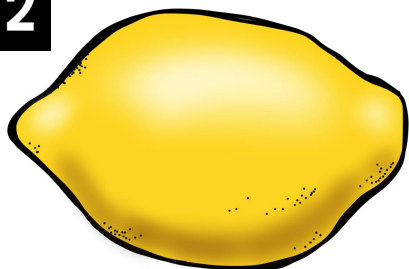
- This story happened in the city of Philippi. Today this city goes by a different name, and it is in Greece.
- While in jail, Paul and Silas would have had chains on. These would have been made of metal, and might have been cold, rough, heavy, and sharp around the edges. What do you think these would have felt like on Paul and Silas' hands and feet?
- Imagine you were one of the other prisoners hearing Paul and Silas singing. What might you be thinking?
- How did Paul and Silas' joy impact the other prisoners and the prison guard?

Use the joy teaching posters to define the word. Take time to emphasize the memory verse: *"Rejoice in the Lord always; again I will say, Rejoice!"* (Philippians 4:4 NIV).

When we have joy, people start to notice. They notice that we are different, and they might want to know more about why we have joy, even during hard times.

Write in your journal.

Next, introduce the journal prompt to students: "Singing to God is a great way to feel joyful. What kinds of songs do you like to sing? Why do you like these songs?" Brainstorm some ideas and they give students time to write.



The Fruit of the Spirit Week Two: Joy

Do the craft: Pinwheel

Before the lesson begins: Print out the pinwheel template in two different colors (two for each student). Gather scissors, glue, push pins, drawing materials, and small stickers.

First, cut out two pinwheel templates. Use various drawing materials to create patterns on one of the pinwheel squares.

Glue the two pinwheel squares together, back to back, with the decorated side facing out.

Cut along the four diagonal slits on the glued pinwheel.

Bring each small circle to the center of the pinwheel.

Insert a pushpin through all four flaps, through the center, and into the eraser end of a pencil.

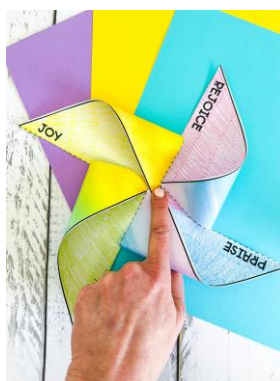
If you have time, decorate the pinwheels with stickers!



Cut out both squares and color.



Glue the squares back to back and cut on the dotted lines.



Loosely fold the 4 small circles (near the corners of the page) to the middle of the square.



Press a pushpin through the circles and into the eraser of a pencil.

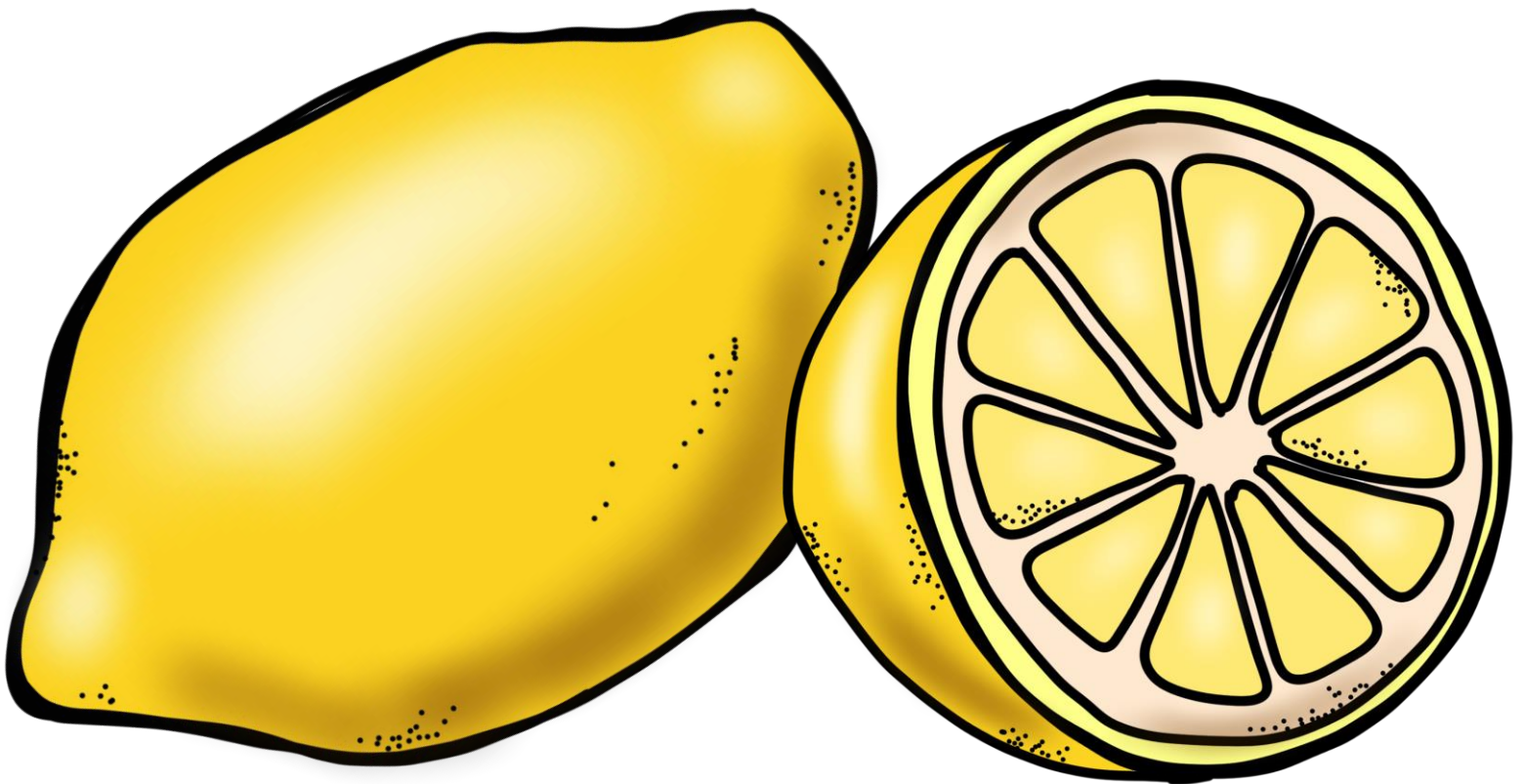
Share what you've learned.

The Joy coloring page is the perfect way to include parents and caregivers in the lesson. The worksheet includes a drawing prompt, a verse about joy, and a simple prayer.

Joy is

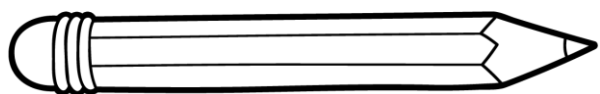
gladness knowing
that God is in control
of all the details.

He is always with us!



Name: _____

joy



Journal About It

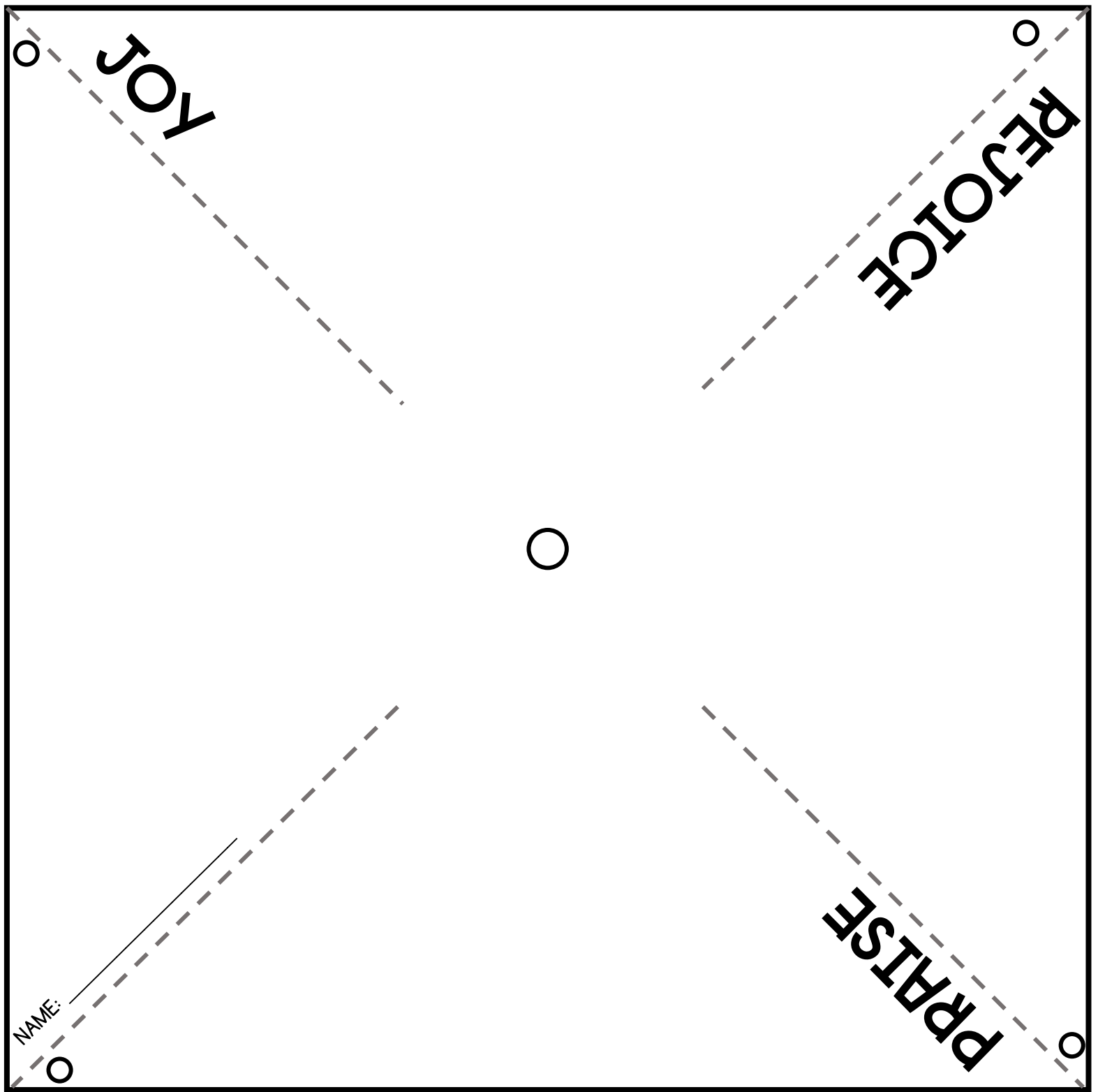
Singing to God is a great way to feel joyful. What kinds of songs do you like to sing? Why do you like these songs?

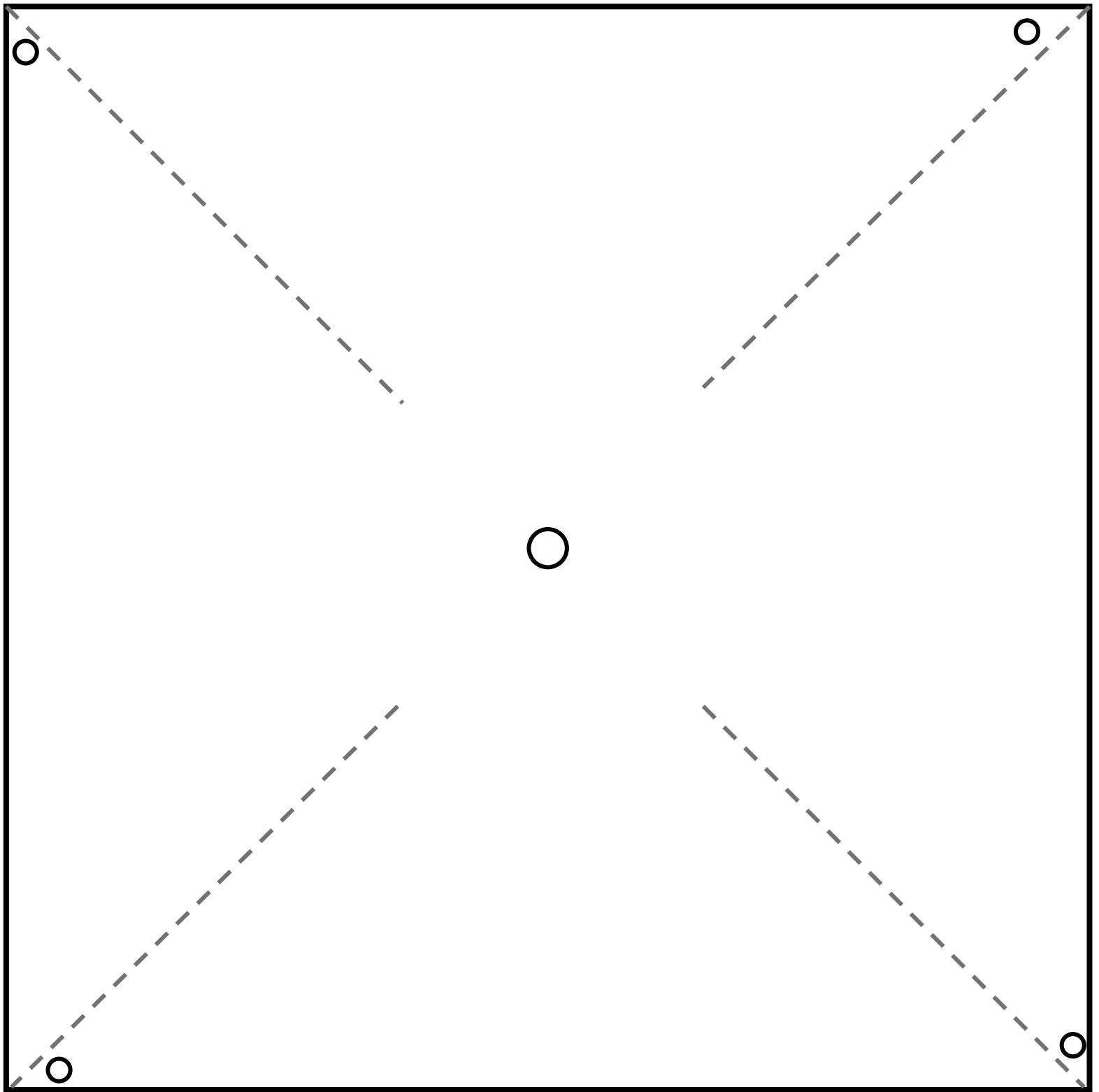
Draw a picture.

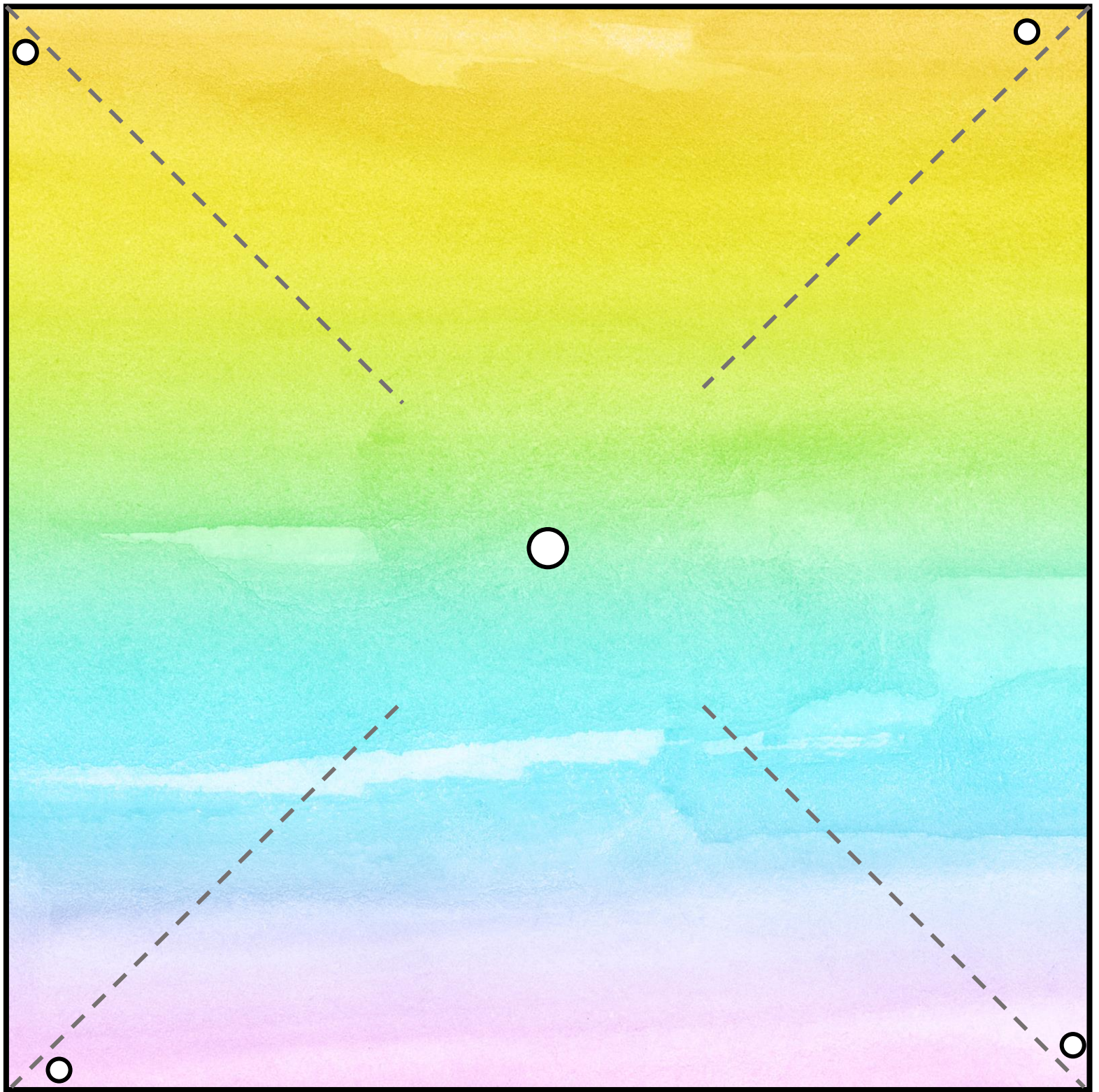
joy



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Joy is gladness knowing that God is in control of all the details. He is always with us!

Draw a picture of something that brings you joy.

© Poet Prints Teaching



PRAY ABOUT IT

God, thank you that you are in control of every situation. You are always with me, even when I am going through something hard. Thank you that I can have joy in the good times and in the bad times. Help me to remember that I can be glad, even when things are not going my way.

Rejoice in the
Lord always;
again I say,
Rejoice!

Philippians 4:4 NIV

Joy is gladness knowing that God is in control of all the details. He is always with us!

Draw a picture of something that brings you joy.

© Poet Prints Teaching



PRAY ABOUT IT

God, thank you that you are in control of every situation. You are always with me, even when I am going through something hard. Thank you that I can have joy in the good times and in the bad times. Help me to remember that I can be glad, even when things are not going my way.

Rejoice in the
Lord always;
and again I say,
Rejoice.

Philippians 4:4 KJV

PEACE

Teaching Guide

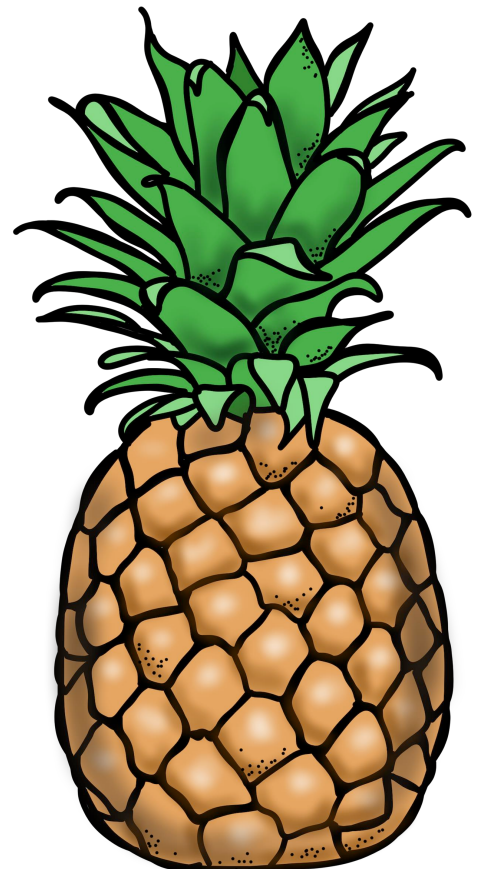
Printable Poster

Journalling Activity

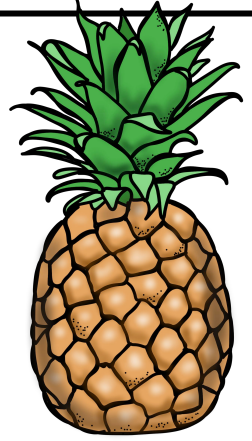
Printable Craft Page

Take-Home Worksheet NIV

Take-Home Worksheet KJV



The Fruit of the Spirit Week Three: Peace



Explore the Bible story.

In this lesson, you will work together to define the word 'peace' and discover that peace is living together with people in harmony, without fighting. Peace is a big topic in the Bible. There are numerous stories about people, communities, and entire empires not living in peace. There are also numerous stories about what peace *DOES* look like. Jesus is even called the Prince of Peace, and His entire life is a great example of peace.

First, read the story of Abigail, David, and Nabal (1 Samuel 25) from your own children's Bible if it is included. However, many children's Bibles do not include this story. You can find a number of kid-friendly versions by searching "Abigail Makes Peace Bible Story for Kids" in Google. There are even YouTube video versions! Abigail was a peacemaker in this story.

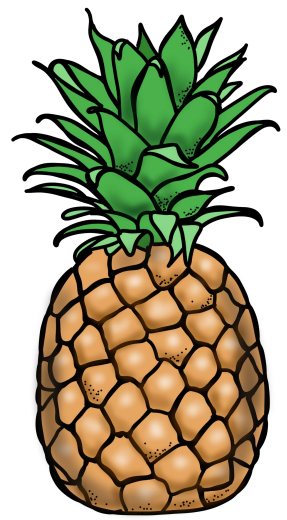
Follow up with background information and discussion questions:

- Nabal means "fool". How were Nabal's actions fitting to his name?
- David sent men to Nabal and told them to say, "Peace to you." How were Nabal's actions the opposite of this?
- David was the anointed king, yet Nabal's actions showed that Nabal thought David was of low importance.
- How did Abigail's actions show that she was a peacemaker?

Use the peace teaching posters to help students define the word. Emphasize the memory verse: "*Blessed are the peacemakers, for they will be called children of God.*" (Matthew 5:9 NIV).

Put this verse at the top of a large piece of paper. As a group, brainstorm different ways that your kids can be peacemakers at home, at school, or in their community. Write them down. You might want to act out some of the brainstormed ideas!

The Fruit of the Spirit Week Three: Peace



Write in your journal.

Next, introduce the journal prompt to students: "What does peace feel like to you? How can you be a peacemaker?" Brainstorm some ideas as a whole group and then give students time to write.

Do the craft: Hand Wreath

Before the lesson: Gather heavy (cardstock) paper, glue, scissors, and drawing materials. Print and cut out memory verses.

Each child will trace their hand and cut it out. Then they will decorate it using various drawing materials and glue a memory verse onto the bottom of the hand.

A printable hand shape has also been included.

Once hands are decorated, glue the hands together into the shape of a wreath to symbolize living in harmony.

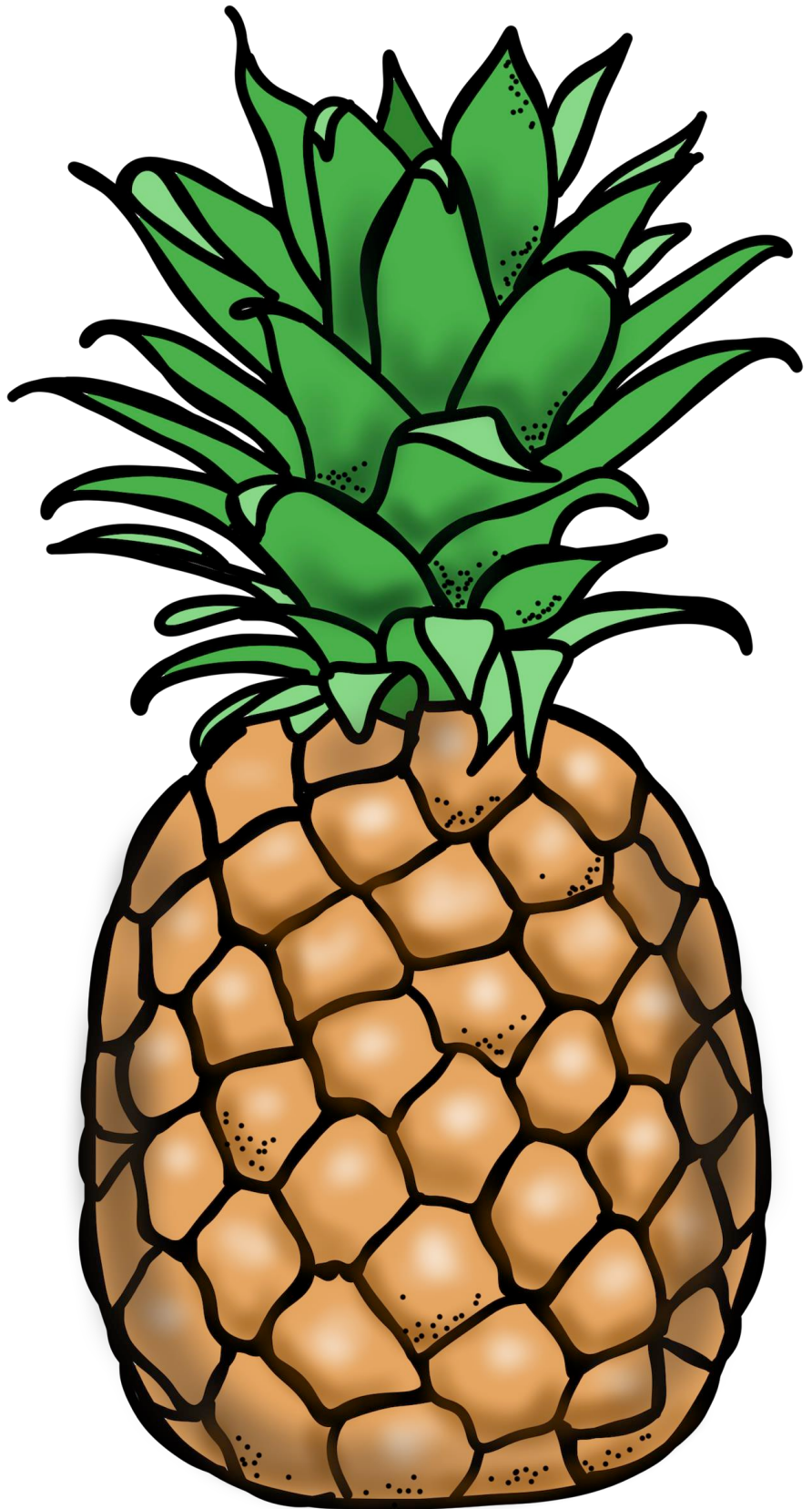


Share what you've learned.

The *Peace* coloring page is the perfect way to include parents and caregivers in the lesson. The worksheet includes a drawing prompt, a verse about peace, and a simple prayer.

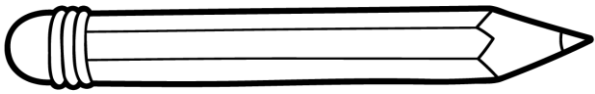
Peace is

living
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with other
people in
harmony.



Name: _____

peace



Journal About It

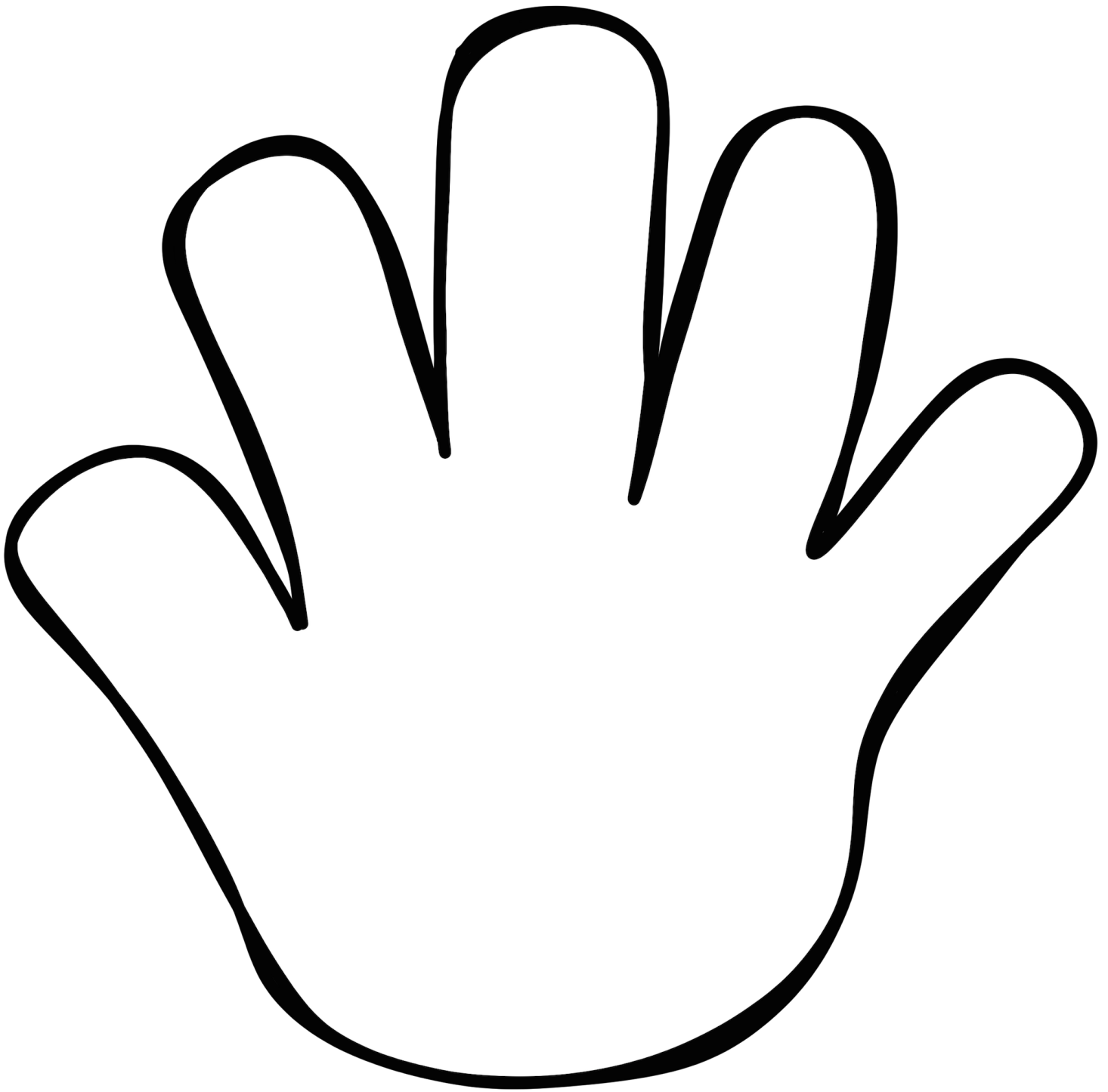
What does peace feel like to you?
How can you be a peacemaker?

Draw a picture.

peace



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Blessed are the
peacemakers, for they will
be called children of God.

Matthew 5:9 NIV

Blessed are the
peacemakers, for they will
be called children of God.

Matthew 5:9 NIV

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Matthew 5:9 NIV

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Matthew 5:9 NIV

Blessed are the
peacemakers, for they shall
be called the children of God.

Matthew 5:9 KJV

Blessed are the
peacemakers, for they shall
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Matthew 5:9 KJV

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Matthew 5:9 KJV

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peacemakers, for they shall
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Matthew 5:9 KJV

Blessed are the
peacemakers, for they shall
be called the children of God.

Matthew 5:9 KJV

Peace is living together with other people in harmony.

Draw a picture of how you can be a peacemaker.

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PRAY ABOUT IT

There is so much fighting in this world. God, please help me to be a peacemaker. Thank you for giving us examples of what peace looks like. We love you, God.
Thank you for your peace.

Blessed are the peacemakers, for they will be called children of God.

Matthew 5:9 NIV

Peace is living together with other people in harmony.

Draw a picture of how you can be a peacemaker.

© Poet Prints Teaching



PRAY ABOUT IT

There is so much fighting in this world. God, please help me to be a peacemaker. Thank you for giving us examples of what peace looks like. We love you, God.
Thank you for your peace.

Blessed are the
peacemakers, for
they shall be
called the children
of God.

Matthew 5:9 KJV

PATIENCE

Teaching Guide

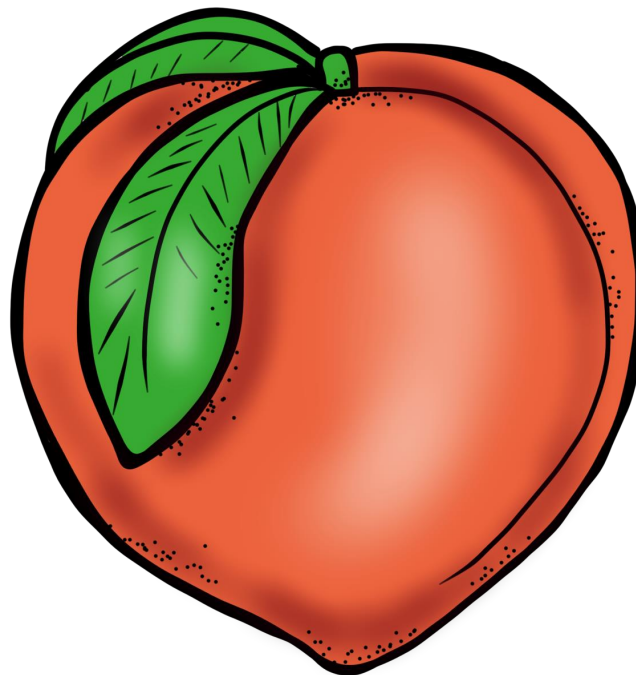
Printable Poster

Journalling Activity

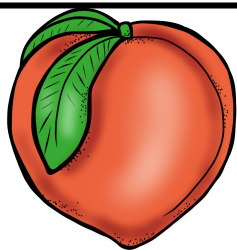
Printable Craft Pages

Take-Home Worksheet NIV

Take-Home Worksheet KJV



Poet Prints TEACHING



The Fruit of the Spirit

Week Four: Patience

Explore the Bible story.

In this lesson, you will work together to define the word 'patience' and discover that patience is waiting calmly. Patience is showing perseverance even when things are hard.

Before reading the Bible story, give students a choice: they can have one gummy bear at the start of the lesson or a handful of gummy bears at the end of the lesson. They must show patience during the lesson if they want a handful of gummy bears. For anyone who chooses one gummy bear, give it to them to enjoy now.

Read the story of Joseph from your own children's Bible (or find a video version on YouTube). This story might be split into two parts. Read both stories. Joseph had to wait patiently for God to deliver him from his captivity.

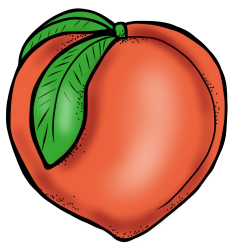
Follow up the story with background information and discussion:

- Joseph was the beloved son of Jesse. How did this make the other brothers feel and act?
- Joseph was about 17 years old when he was sold by his brothers. We don't know how long he worked for Potiphar before he was thrown in prison, but we do know that he was thirty when he interpreted Pharaoh's dream. There were 7 years of good crops. Then there was famine. It was about 2 years into the famine that Joseph saw his brothers again. Joseph had to wait about 22 years before seeing his family again! That is patience.
- Even while waiting, Joseph never forgot that God was in control. We get to see what God's plan was for Joseph. How do you think Joseph felt during this time of waiting?
- Have you ever had to be patient for something?

Have students turn to a partner and share about a time they had to be patient for something.

Use the 'patience' teaching posters to help students define the word. Emphasize the memory verse: *"I waited patiently for the Lord; he turned to me and heard my cry."* (Psalm 40:1 NIV).

Now, it is time to discuss the gummy bear patience exercise. For any students who waited, hand out a handful of gummy bears. There might be some hard feelings at this point because students who chose the single candy may be upset when others are given their full handful. This can be a great teaching moment. You can even say you'll do this exercise again next time so students can all have the opportunity to show patience.



The Fruit of the Spirit Week Four: Patience

Write in your journal.

Introduce the journal prompt: "Tell me about a time when you had to be patient for something." Brainstorm ideas and give students time to write. Encourage students to devise an example other than the gummy bear experiment.

Do the craft: Joseph's Coat

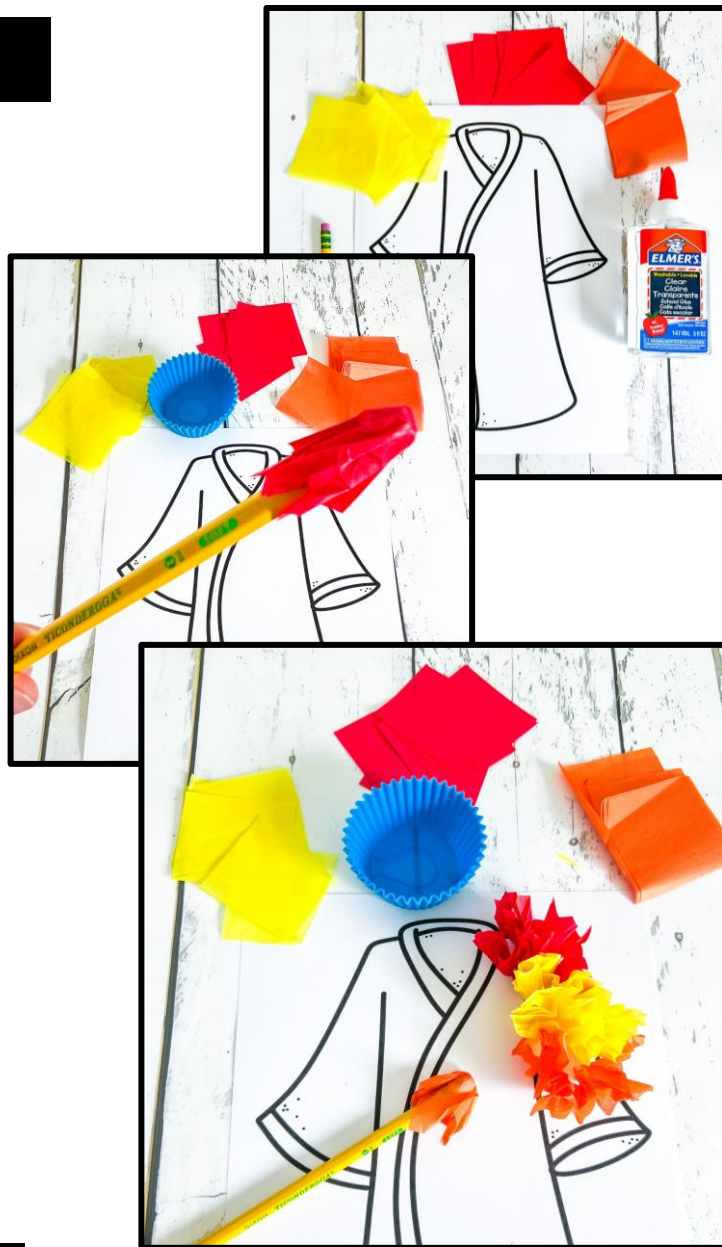
Before the lesson: Print Joseph's coat template on heavy (cardstock) paper. Cut the tissue paper into small squares. Gather liquid glue, glue, paper plates, and pencils.

NOTE: This craft will take some patience, but the result is beautiful.

Print out the template for Joseph's coat. Put some liquid glue on a paper plate.

Teach students how to scrunch the tissue paper squares around the blunt end of a pencil, dip it into the glue, and stick it to the paper.

Students will then have creative license to decorate their template of Joseph's coat.

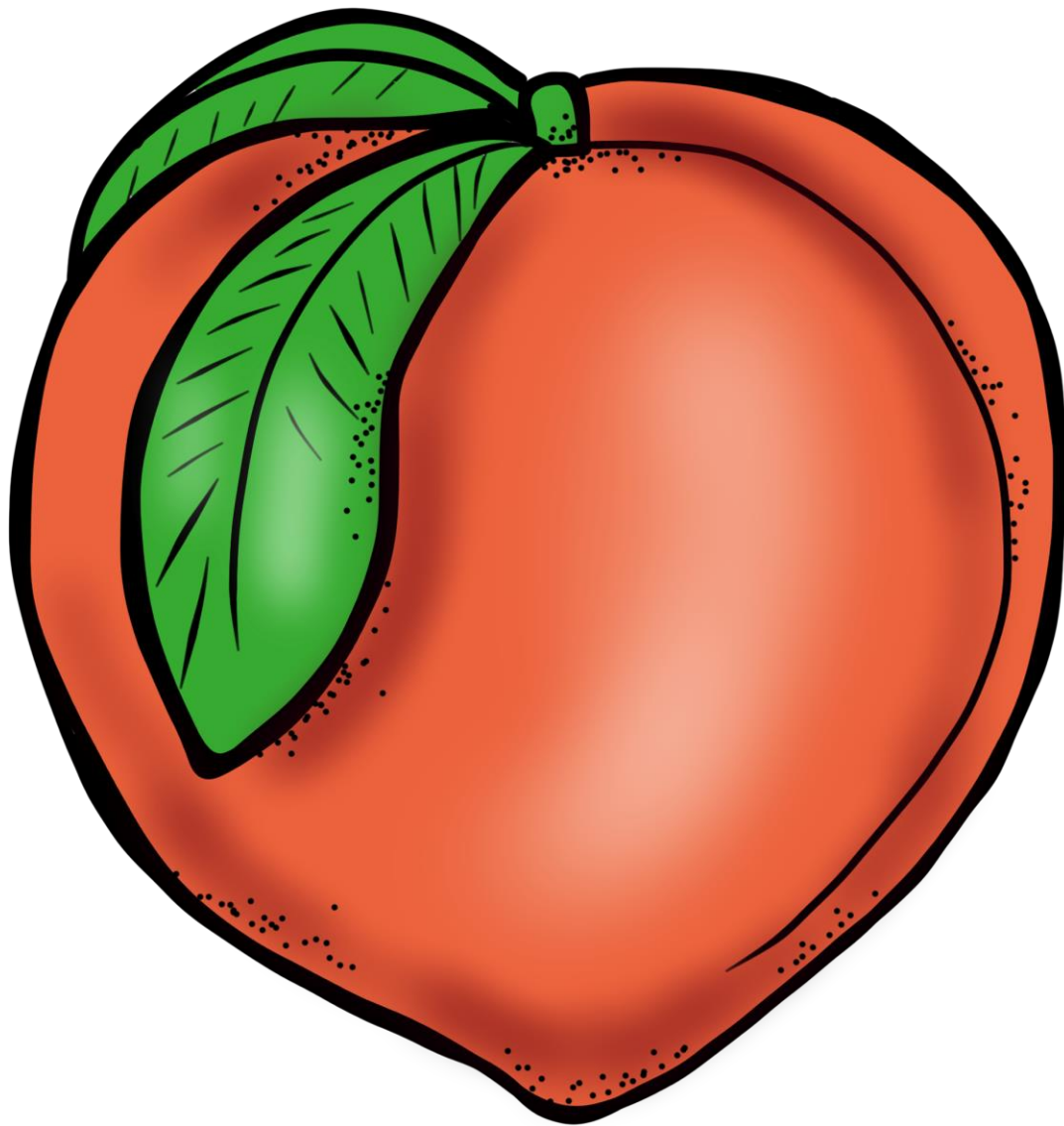


Share what you've learned.

The *Patience* coloring page is the perfect way to include parents and caregivers in the lesson. The worksheet includes a drawing prompt, a verse about patience, and a simple prayer.

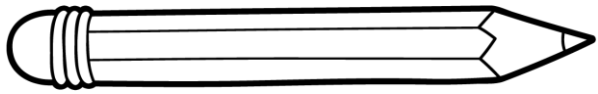
Patience is

waiting calmly and
keeping going when
things are hard.



Name: _____

patience



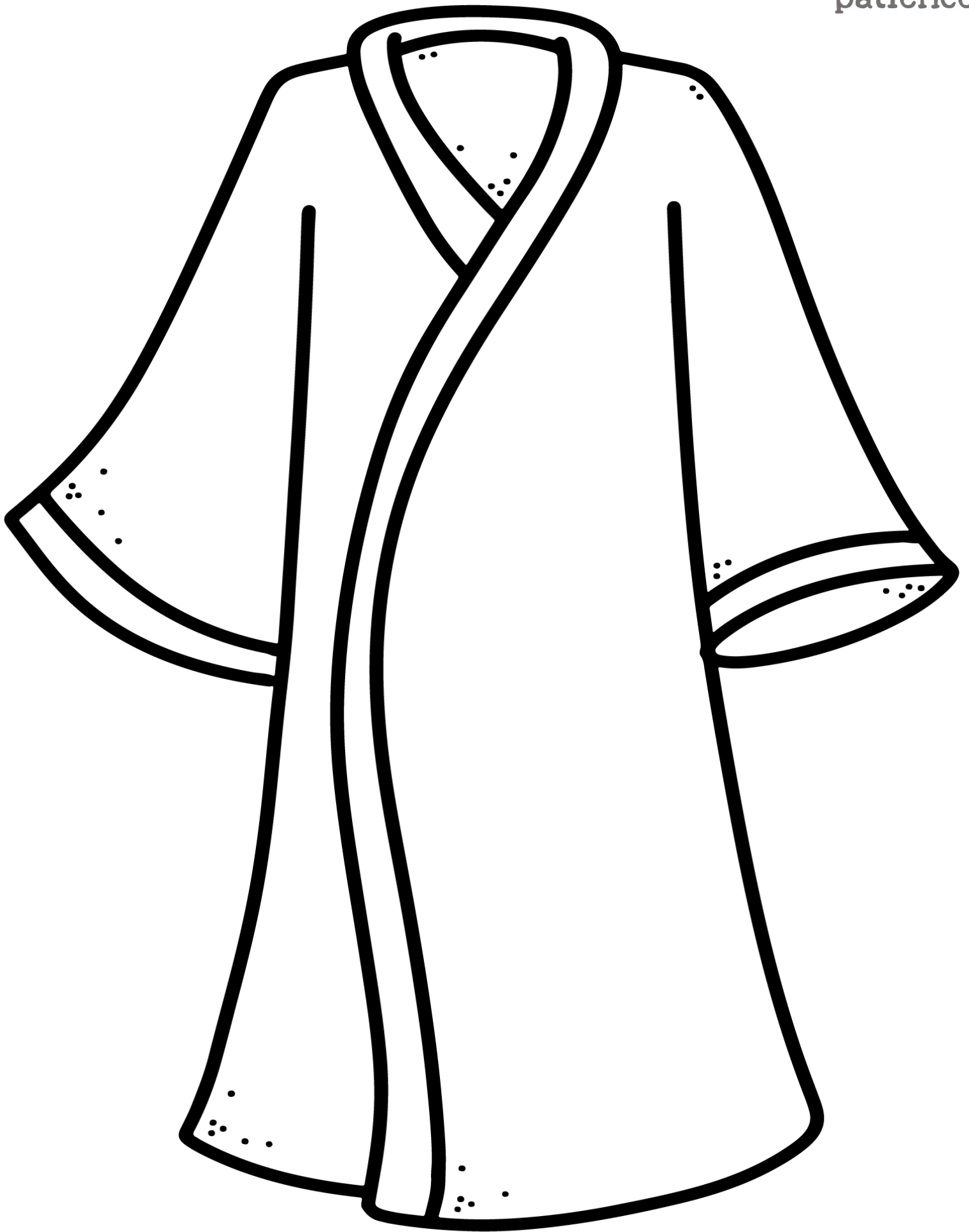
Journal About It

Tell me about a time when you had to be patient for something.

Draw a picture.

patience

[illegible]



I waited patiently for the
Lord; he turned to me and
heard my cry.

Psalms 40:1 NIV

I waited patiently for the
Lord; he turned to me and
heard my cry.

Psalms 40:1 NIV

I waited patiently for the
Lord; he turned to me and
heard my cry.

Psalms 40:1 NIV

I waited patiently for the
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I waited patiently for the
Lord; he turned to me and
heard my cry.

Psalms 40:1 NIV

Patience is waiting calmly and keeping going when things are hard.

Draw a picture of a time you had to be patient.

© Poet Prints Teaching



PRAY ABOUT IT

Dear God, sometimes it's hard to wait and show patience. We live in a world where we get things quickly and things move fast. But I know it is important to be patient. Please help me when it is hard to be patient.

I waited
patiently for the
Lord; he turned
to me and heard
my cry.

Psalms 40:1 NIV

Patience is waiting calmly and keeping going when things are hard.

Draw a picture of a time you had to be patient.

© Poet Prints Teaching



PRAY ABOUT IT

Dear God, sometimes it's hard to wait and show patience. We live in a world where we get things quickly and things move fast. But I know it is important to be patient. Please help me when it is hard to be patient.

I waited
patiently for the
LORD; he inclined
unto me, and
heard my cry.

Psalms 40:1 KJV

KINDNESS

Teaching Guide

Printable Poster

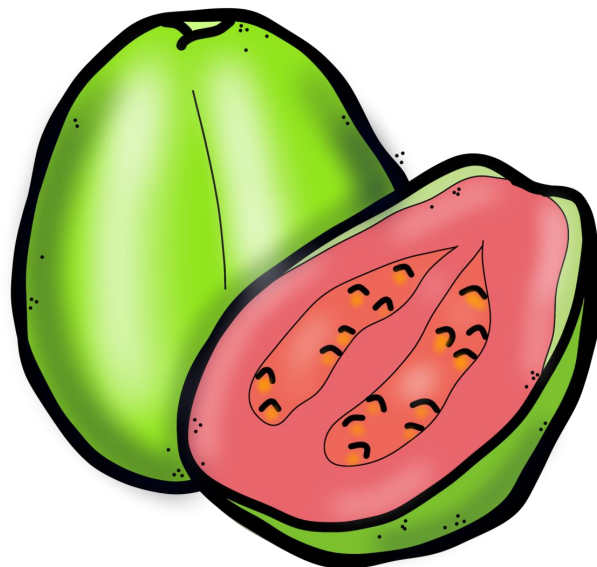
Journalling Activity

Object Lesson Instructions

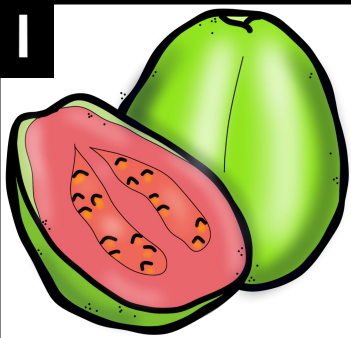
Printable Challenge Pages

Take-Home Worksheet NIV

Take-Home Worksheet KJV



Poet Prints TEACHING



The Fruit of the Spirit

Week Five: Kindness

Explore the Bible story.

In this lesson, you will work together to define the word 'kindness' and discover that kindness is being thoughtful and putting the needs of others first, even if they are not being kind to you.

First, read the story of Jesus feeding the 5,000 (Matthew 14:13-21) from your own children's Bible (or find a video version on YouTube). Jesus saw the needs of the people and fed them, instead of sending them away to find their own food. The young boy showed kindness and generosity by sharing his loaves and fish with Jesus, who then performed a great miracle.

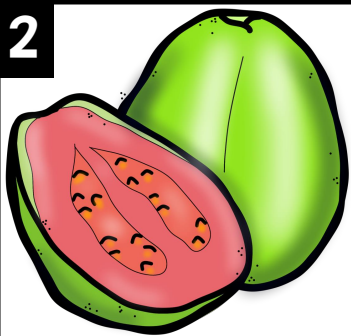
Follow up the story with background information and discussion:

- This story is often called the Feeding of the 5,000. But this number doesn't count the women and children who were there. So Jesus *actually* fed many, many more people!
- At the beginning of this story, Jesus heard that his cousin, John the Baptist, had been killed so Jesus went to a deserted place to be alone. But people wanted to be with him so they followed him. Many people loved hearing Jesus teach!
- Even though Jesus was very sad about the death of his cousin, he still showed kindness to people. How did Jesus show kindness to the sick people? How did he show kindness to people when they were hungry at the end of the day?
- What did Jesus' disciples want to do when they realized it was late in the day?
- How did the young boy show kindness?
- This is the only miracle of Jesus that is told in all four gospels.

Use the 'kindness' teaching posters to help students define the word. Emphasize the memory verse: *"Be kind and compassionate to one another, forgiving each other, just as in Christ God has forgiven you."* (Ephesians 4:32 NIV)

Write in your journal.

Introduce the journal prompt: "Tell me about a time when you were kind to someone or when someone was kind to you." Brainstorm some ideas and then give students time to write about one of the journal prompts.



The Fruit of the Spirit Week Five: Kindness

Do the object lesson and Kindness Challenge.

Complete the Kindness Soap object lesson. Complete instructions [can be found here](#).

Next, create a kindness challenge. Gather your kids together and brainstorm things that they can do to be kind. Write these ideas on a large piece of paper.

Choose a kindness challenge. This resource includes two types of challenges, a kindness bingo, and a kindness gumball machine.

Once you have selected a challenge, give kids time to add their own ideas. Encourage your students to complete their Kindness Challenges by the next time you meet.

A pre-filled version of both challenges is also available. This version is perfect if you don't think you'll have time for students to write down their own ideas.

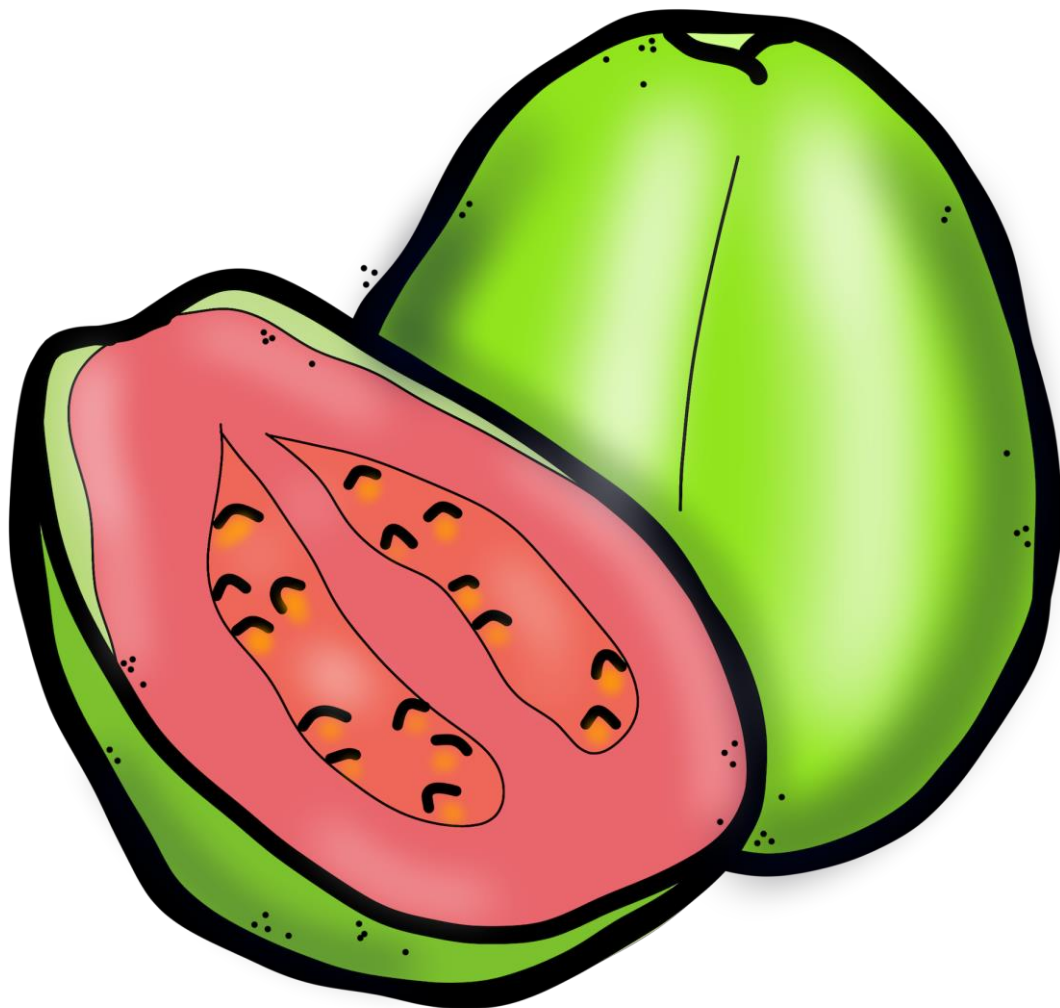


Share what you've learned.

The *Kindness* coloring page is the perfect way to include parents and caregivers in the lesson. The worksheet includes a drawing prompt, a verse about kindness, and a simple prayer.

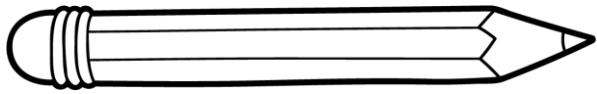
Kindness is

being thoughtful and
putting the needs of others
first, even if they are not
being kind to you.



Name: _____

kindness



Journal About It

Tell me about a time when you were kind to someone
or when someone was kind to you.

Draw a picture.

kindness



This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Object Lesson Kindness Soap

Before the Lesson: Gather your supplies listed below and have them ready.



Teacher Script:

Pour your milk into the shallow bowl or plate.

Put several drops of food coloring into the milk, but do not stir. You can use a few different colors for greater effect, but this is not necessary.

Explain the supplies to your kids, "The milk represents the world around us. The food coloring is the people in the world. The cotton swab is me because I'm holding it!

Talk about Jesus, "Jesus wants us to spread His love in the world so more people will come to know and love Him. We can help to spread His love by showing kindness to others. Acts of kindness can be big or small, they all make a difference."

Dip the cotton swab into the dish soap. Explain that the soap is like acts of kindness. Then, touch a drop of the food coloring and watch what happens. (NOTE: This will only work once)

Say, "Do you see how the food coloring is spreading across the milk? When we show Jesus' love by being kind to others, His love spreads just like the food coloring spreads across the milk."

Milk
(about a cup)
Dish Soap
(in a small dish or container)
Shallow Bowl or Plate
Food Coloring
Cotton Swabs

NOTE: Be sure to test the object lesson before teaching it to ensure the food coloring spreads as it is supposed to.

You will have ONE chance to tap a dot of color with a dish soap-covered cotton swab.

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NAME: _____



Kindness Bingo

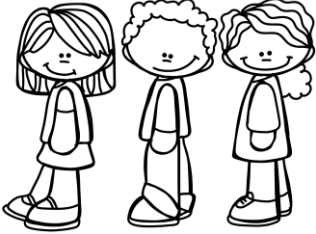
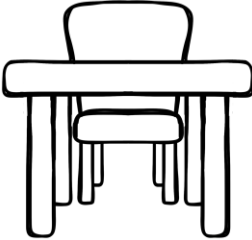
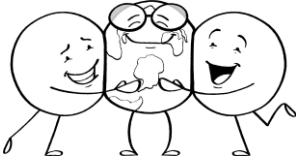
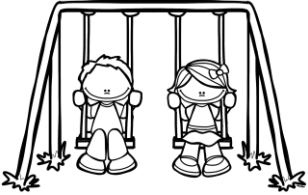
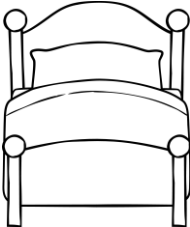
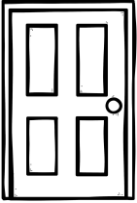
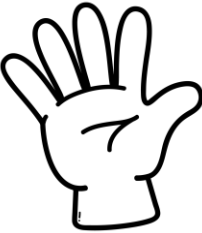
Fill out the blank bingo chart with ways that you can show kindness in your community. Then, color each square as it is completed.

NAME: _____



Kindness Bingo

Color in each square as you complete the act of kindness inside!

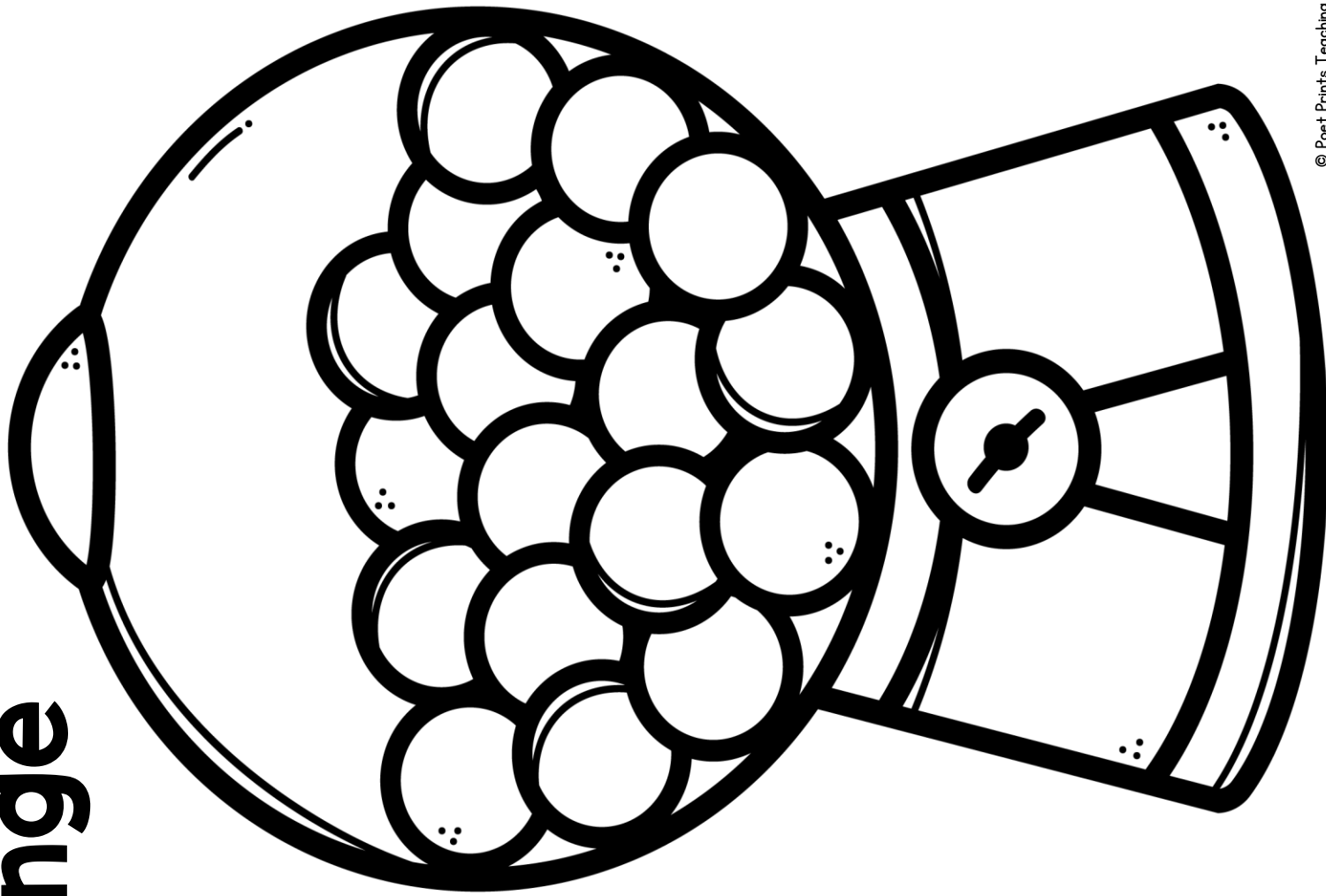
 Let someone go ahead of you in line.	 Clean up a mess that isn't yours.	 Push in someone's chair.	 Give a friend a hug.
 Play with someone new.	 Give 3 compliments.	 Make someone else's bed.	 Hold the door for someone.
 Say thank you to someone.	 Give a high five.	 Draw a picture for someone.	 Help at home without being asked.
 Help someone do the dishes.	 Pick up litter.	 Smile at someone	 Share a toy.

Kindness Challenge

NAME: _____

Color a gumball when you complete each challenge. You may have to do each one more than once!

red	Give a compliment.
yellow	Help at home without being asked.
green	Write a thank you note.
blue	Clean up a mess that isn't yours.

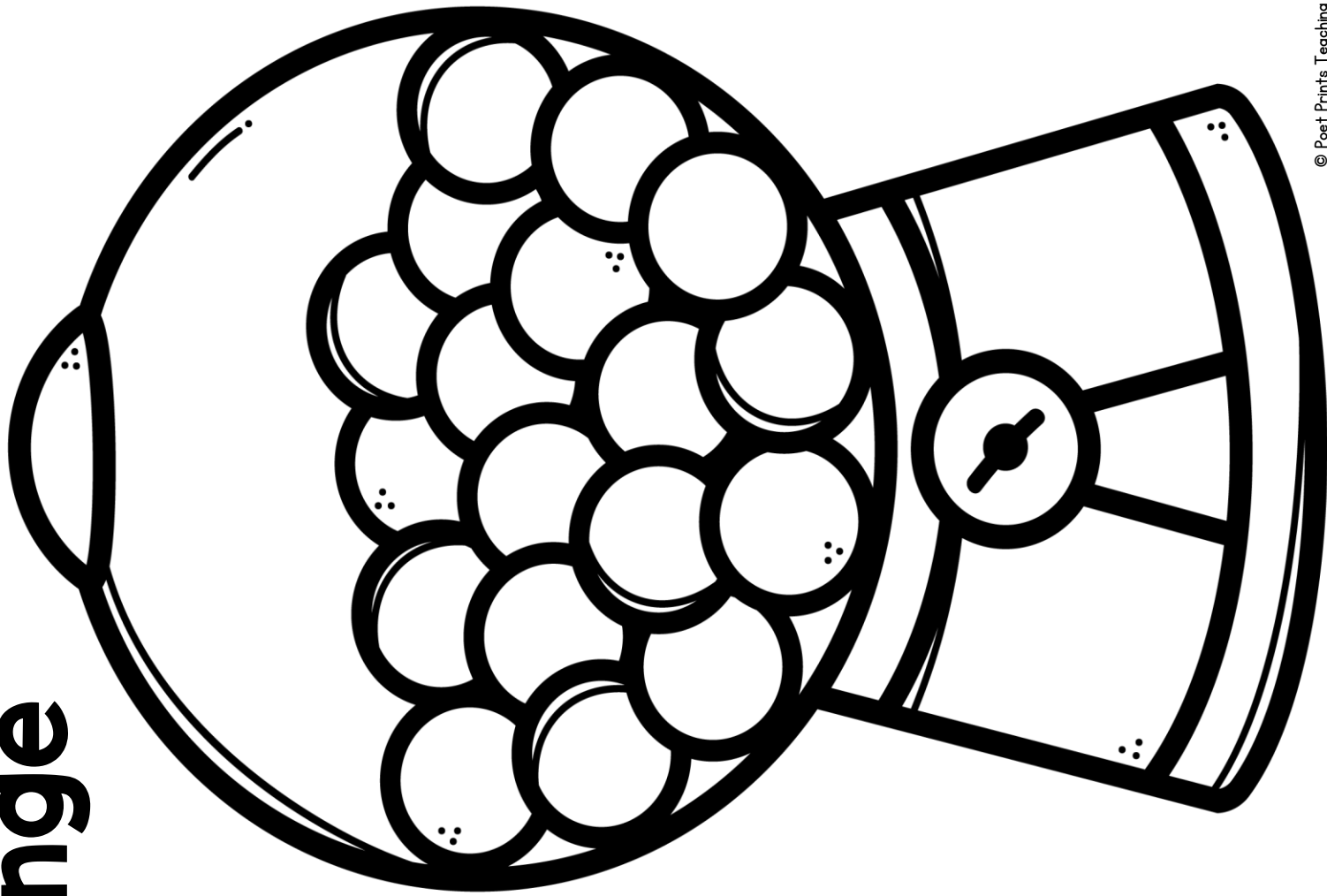


Kindness Challenge

NAME: _____

Color a gumball when you complete each challenge. You may have to do each one more than once!

red	
yellow	
green	
blue	



Kindness is being thoughtful and putting the needs of others first, even if they are not being kind to you.

Draw a picture of a time someone was kind to you.

© Poet Prints Teaching



PRAY ABOUT IT

Dear God, You are so kind to us. Thank you for showing me kindness even though I don't deserve it. Please help me to be kind to everyone, even when it is hard. Please help me to show kindness, even to the people I don't like.

Be kind and
compassionate to
one another,
forgiving each other,
just as in Christ God
has forgiven you.

Ephesians 4:32 NIV

Kindness is being thoughtful and putting the needs of others first, even if they are not being kind to you.

Draw a picture of a time someone was kind to you.

© Poet Prints Teaching



PRAY ABOUT IT

Dear God, You are so kind to us. Thank you for showing me kindness even though I don't deserve it. Please help me to be kind to everyone, even when it is hard. Please help me to show kindness, even to the people I don't like.

And be ye kind one
to another,
tenderhearted,
forgiving one
another, even as God
for Christ's sake
hath forgiven you.
Ephesians 4:32 KJV

GOODNESS

Teaching Guide

Printable Poster

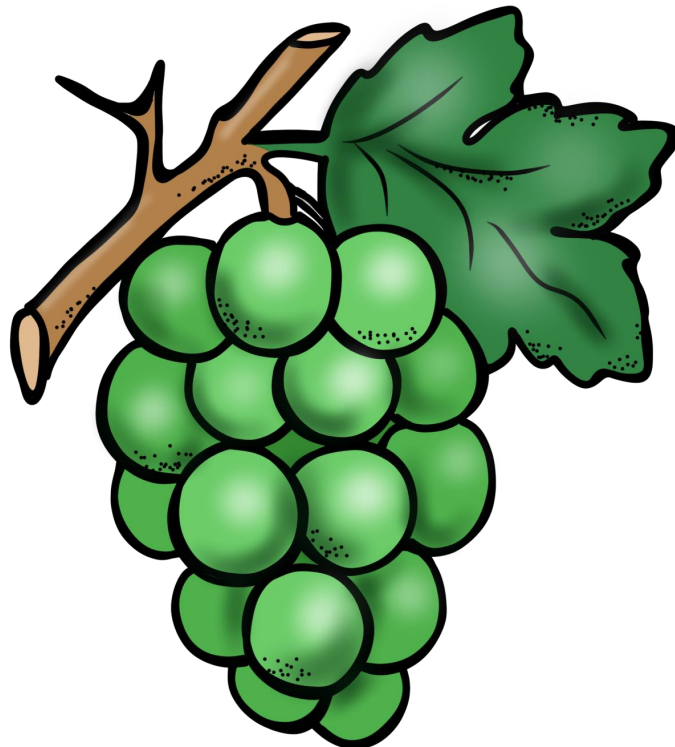
Journalling Activity

Printable Craft Pages

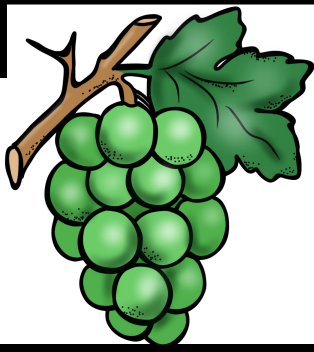
(in color and black and white)

Take-Home Worksheet NIV

Take-Home Worksheet KJV



Poet Prints TEACHING



The Fruit of the Spirit

Week Six: Goodness

Explore the Bible story.

In this lesson, you will work together to define the word 'goodness' and discover that goodness is showing others kindness, generosity, and love for the right reasons. It's often easier to show goodness when we expect good things in return. For example, it's easier to listen to the teacher when you are expecting a prize. It's easier to do chores when you are expecting an allowance. It's harder to be good when you get nothing in return. For example, showing love to someone when they are mean to you, helping the teacher and not getting a prize, or going grocery shopping with an adult and not getting a treat.

First, read the story of Zacchaeus (Luke 19:1-10) from your own children's Bible (or find a video version on YouTube). Zacchaeus was a man who did not show goodness and people hated him. Then Zacchaeus met Jesus, and everything changed. Zacchaeus became a person who showed kindness, generosity and love to people by giving them back even more money than he had taken from them.

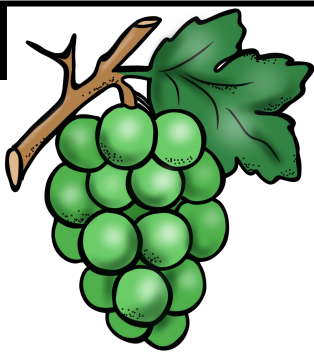
Follow up the story with background information and discussion questions:

- Zacchaeus was a tax collector. This meant that he was a Jew working for the Romans. Roman taxes were very expensive, so people didn't like paying these taxes.
- To make things worse, some tax collectors would steal from people. They would lie about how much people had to pay. For example, if someone owed 2 coins, tax collectors might lie and say the person owed 4 coins. The tax collector would keep the extra money and get very rich. So why do you think people hated Zacchaeus?
- Why did Zacchaeus climb a tree?
- What did Jesus say to Zacchaeus when Jesus saw Zacchaeus in the tree?
- The people around Zacchaeus hated him. How do you think Zacchaeus felt when Jesus showed him kindness instead of hate?
- How did Zacchaeus show goodness in this story?

Use the 'goodness' teaching posters to help students define the word. Emphasize the memory verse: *"Do not be overcome by evil, but overcome evil with good."* (Romans 12:21 NIV).

Write in your journal.

Introduce the journal prompt: "How can you show goodness in your community?" Brainstorm ideas, write them on a large piece of paper, and then give students time to write. Encourage students to think of specific examples, instead of things like "be nice" or "share".



The Fruit of the Spirit

Week Six: Goodness

Do the craft: Sycamore Tree

Before the lesson: Print, Zacchaeus, the tree, and the Bible verse on heavy (cardstock) paper. Gather popsicle sticks, glue, scissors, and coloring materials. Pre-cut the dotted line in the tree using a box cutter.

Have students color their Sycamore tree scene and Zacchaeus figure. Then, cut out both.

Glue the Zacchaeus figure onto the end of a popsicle stick.

Glue the Bible verse to the bottom of the tree.

Show students how to insert the end of the popsicle stick into the slot in their Sycamore tree.

Now, Zacchaeus can 'climb' up and down the tree!

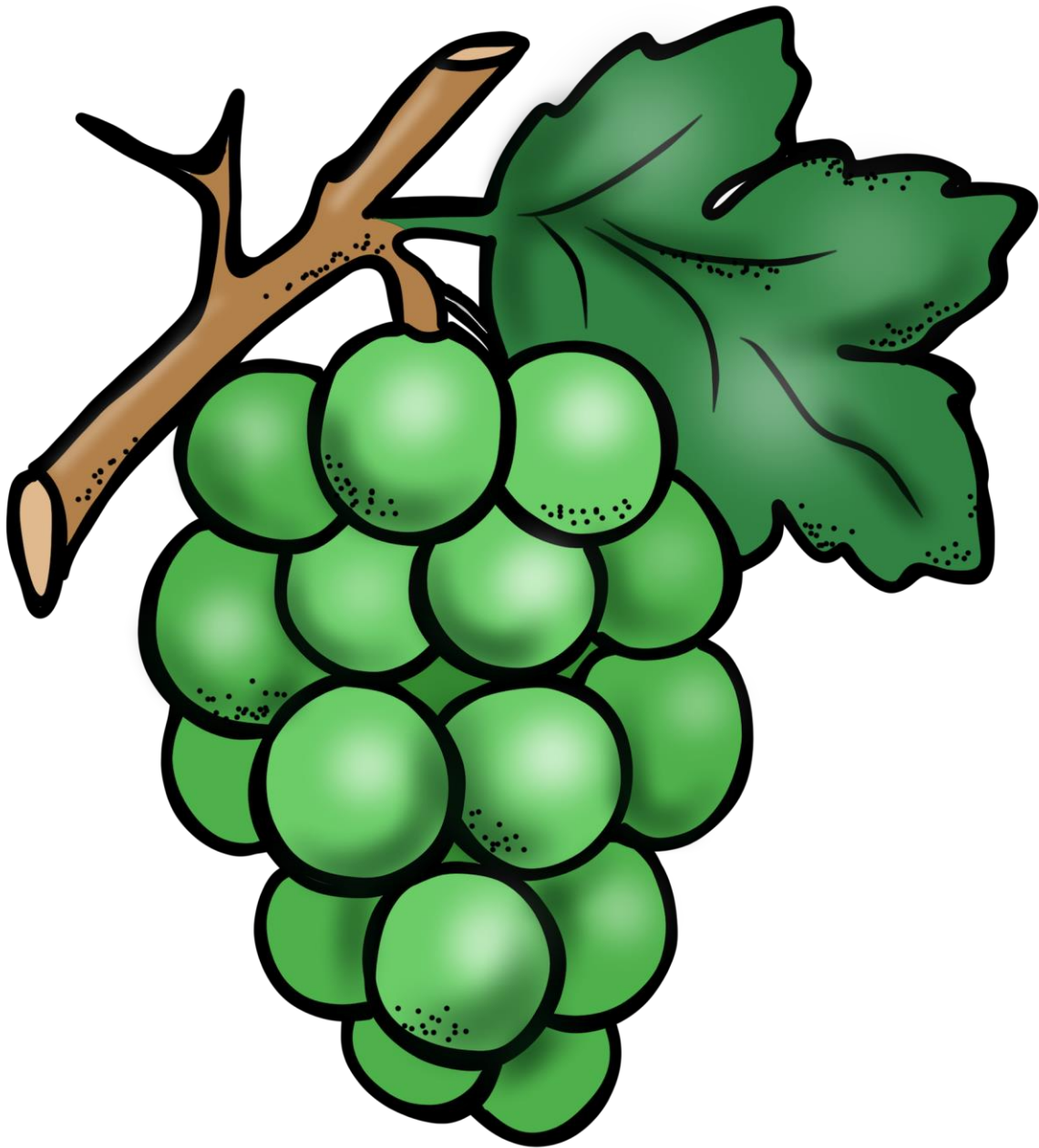


Share what you've learned.

The Goodness coloring page is the perfect way to include parents and caregivers in the lesson. The worksheet includes a drawing prompt, a verse about goodness, and a simple prayer.

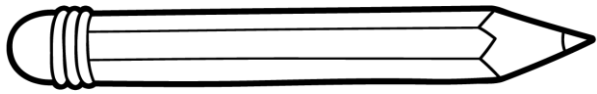
Goodness is

showing others kindness,
generosity, and love for
the right reasons.



Name: _____

goodness



Journal About It

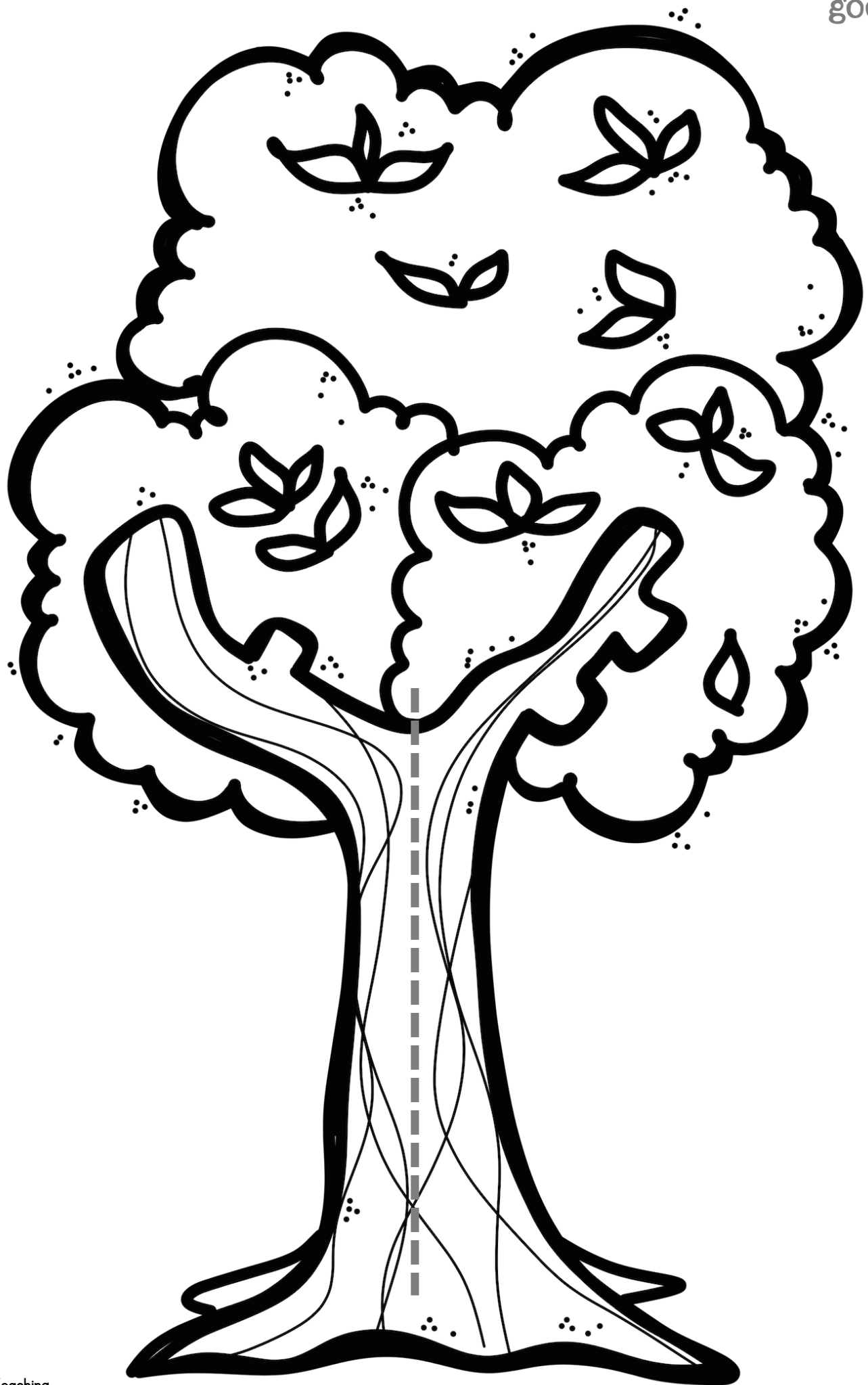
How can you show goodness in your community?

Draw a picture.

goodness



This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.





When Jesus reached the spot, he
looked up and said to him, "Zacchaeus,
come down immediately. I must stay at
your house today."

So he came down and welcomed him
gladly.

Luke 19:5-6

When Jesus reached the spot, he
looked up and said to him, "Zacchaeus,
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So he came down and welcomed him
gladly.

Luke 19:5-6

Goodness is showing others kindness, generosity, and love for the right reasons.

Draw a picture of something you can do to show goodness

© Poet Prints Teaching



PRAY ABOUT IT

Thank you, Lord, that You are good. You are kind. You are generous. You are a good God. Help me to never forget Your goodness and please help me to show goodness to others. I want to love others. I want to be kind. I want to be generous, just like You.

Do not be overcome by evil, but overcome evil with good.

Romans 12:21 NIV

Goodness is showing others kindness, generosity, and love for the right reasons.

Draw a picture of something you can do to show goodness

© Poet Prints Teaching



PRAY ABOUT IT

Thank you, Lord, that You are good. You are kind. You are generous. You are a good God. Help me to never forget Your goodness and please help me to show goodness to others. I want to love others. I want to be kind. I want to be generous, just like You.

Be not
overcome of
evil, but
overcome evil
with good.

Romans 12:21 KJV

FAITHFULNESS

Teaching Guide

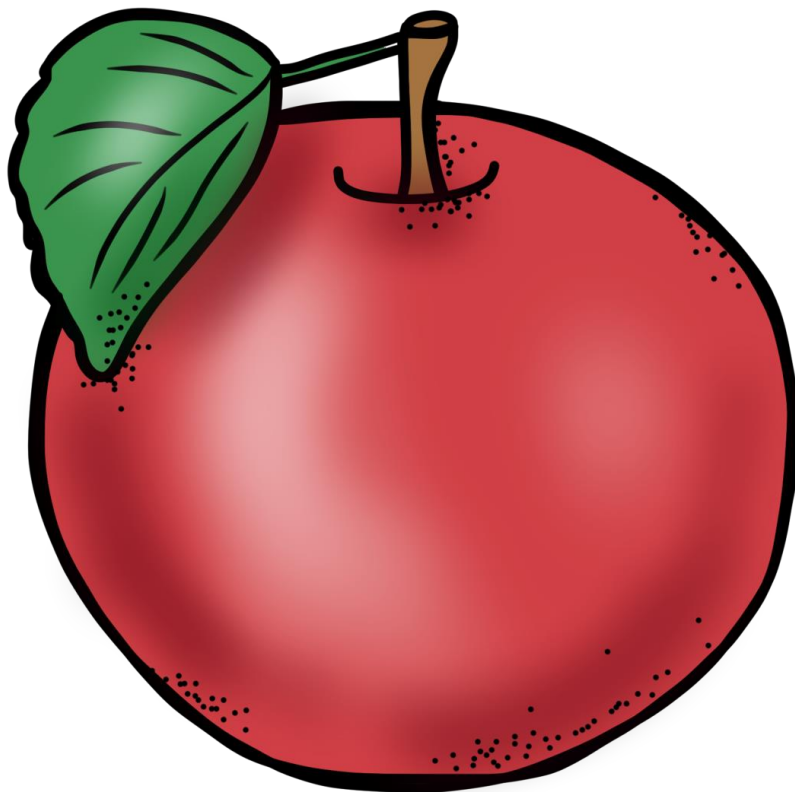
Printable Poster

Journalling Activity

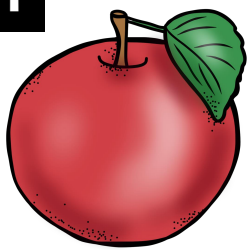
Printable Craft Page

Take-Home Worksheet NIV

Take-Home Worksheet KJV



Poet Prints TEACHING



The Fruit of the Spirit

Week Seven: Faithfulness

Explore the Bible story.

In this lesson, you will work together to define the word 'faithfulness' and discover that faithfulness is being trustworthy, and standing up for what is right, even when it is hard.

First, read the story of Naomi and Ruth from your own children's Bible (or find a video version on YouTube).

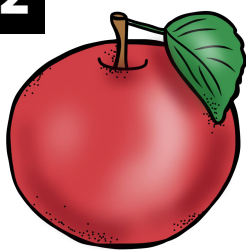
Follow up the story with some background information and a discussion:

- Naomi was originally from Bethlehem, but she had been living in Moab with her family. Her sons married women from Moab named Orpah and Ruth.
- After her two sons died, Naomi urged the two women to find new husbands. Orpah agreed, but Ruth didn't want to leave. She said a very famous line at this point in the story "Where you go I will go, and where you stay I will stay. Your people will be my people and your God my God" (Ruth 1:16). So Ruth went with Naomi to Bethlehem.
 - How did Ruth show faithfulness in this moment?
- Ruth went to work in a field. There was a law that allowed poor people to gather and keep the grain dropped by the field workers.
- Boaz was a relative of Elimelech (Naomi's husband who died)
- Boaz took notice of Ruth's faithfulness and even ordered his workers to drop extra grain for Ruth to collect.
- How did Boaz show faithfulness in this story?

Use the 'faithfulness' teaching posters to help students define the word. Emphasize the memory verse: "*The Lord is trustworthy in all his promises and faithful in all he does*" (Psalm 145:13b NIV) or "*Know therefore that the LORD thy God, he is God, the faithful God*" (Deut. 7:91 KJV).

Write in your journal.

Introduce the journal prompt: "How can you be a faithful friend to others?" As a group, brainstorm some ideas and then give students time to write.



The Fruit of the Spirit

Week Seven: Faithfulness

Do the craft: Friendship Bracelets

Before the lesson: Cut strings for friendship bracelets. Gather small cups and a variety of beads. Find a small plastic baggie to send home bracelets at the end of class.

Here are two types of friendship bracelets to choose from. Pick one (or both) to do with your students:

- Set out a variety of beads for students to choose from. Give students a small cup to contain their beads more easily. Demonstrate how to knot the end of the string and string their beads. Then give students time to create their friendship bracelets.
- Give students a variety of colored bracelet-making strings. Teach your kids to tie knots in the string or braid it to make a bracelet. YouTube also has great tutorials for this! When kids are done, place their bracelet(s) in a small plastic baggie and include the printable cutout of the Bible verse.

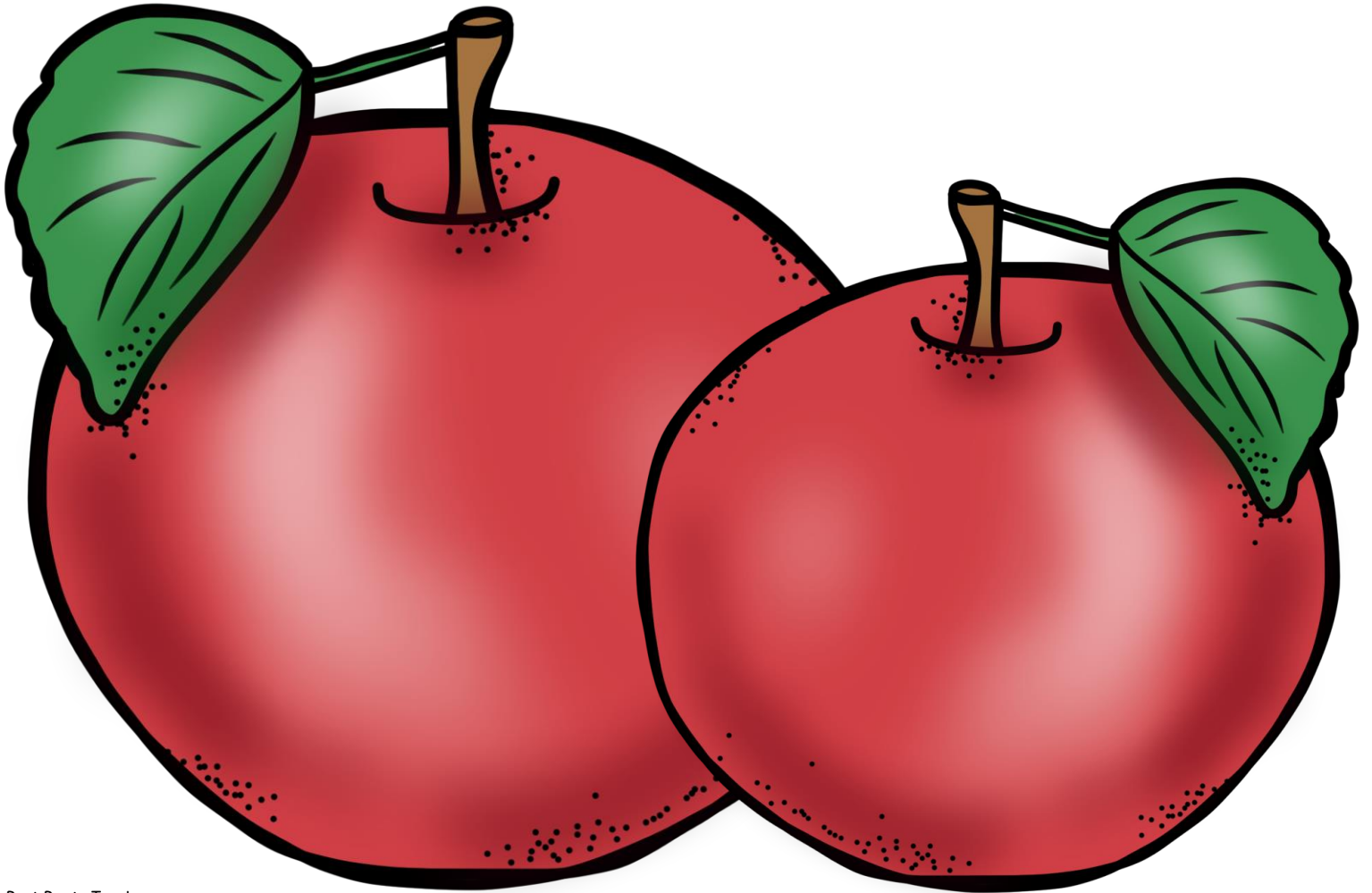
Take it a step further and share the bracelets with a friend, neighbor, or someone in your church!



Share what you've learned.

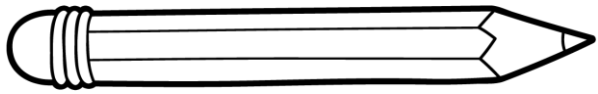
The Faithfulness coloring page is the perfect way to include parents and caregivers in the lesson. The worksheet includes a drawing prompt, a verse about faithfulness, and a simple prayer.

Faithfulness is
being trustworthy and
standing up for what
is right, even when it is
hard.



Name: _____

faithfulness



Journal About It

How can you be a faithful friend to others?

Draw a picture.

faithfulness

[illegible]

...The Lord is
trustworthy in all
his promises and
faithful in all he
does

Psalms 145:13b NIV

...The Lord is
trustworthy in all
his promises and
faithful in all he
does

Psalms 145:13b NIV

...The Lord is
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faithful in all he
does

Psalms 145:13b NIV

...The Lord is
trustworthy in all
his promises and
faithful in all he
does

Psalms 145:13b NIV



Know therefore
that the LORD thy
God, he is God,
the faithful God.

Deuteronomy 7:91 KJV



Know therefore
that the LORD thy
God, he is God,
the faithful God.

Deuteronomy 7:91 KJV



Know therefore
that the LORD thy
God, he is God,
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Deuteronomy 7:91 KJV



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Deuteronomy 7:91 KJV



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Deuteronomy 7:91 KJV



Know therefore
that the LORD thy
God, he is God,
the faithful God.

Deuteronomy 7:91 KJV

Faithfulness is being trustworthy and standing up for what is right, even when it is hard.

Draw a picture of how you can be a faithful friend to others.

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PRAY ABOUT IT

Dear God, You are faithful. You are trustworthy. I can depend on you.

I know You are always with me.

Thank you! Please help me to be faithful so other people will know that they can depend on me.

The Lord is
trustworthy in
all his promises
and faithful in all
he does.

Psalms 145:13b NIV

Faithfulness is being trustworthy and standing up for what is right, even when it is hard.

Draw a picture of how you can be a faithful friend to others.

© Poet Prints Teaching



PRAY ABOUT IT

Dear God, You are faithful. You are trustworthy. I can depend on you.

I know You are always with me.

Thank you! Please help me to be faithful so other people will know that they can depend on me.

Know therefore
that the LORD
thy God, he is
God, the faithful
God.

Deuteronomy 7:9a KJV

GENTLENESS

Teaching Guide

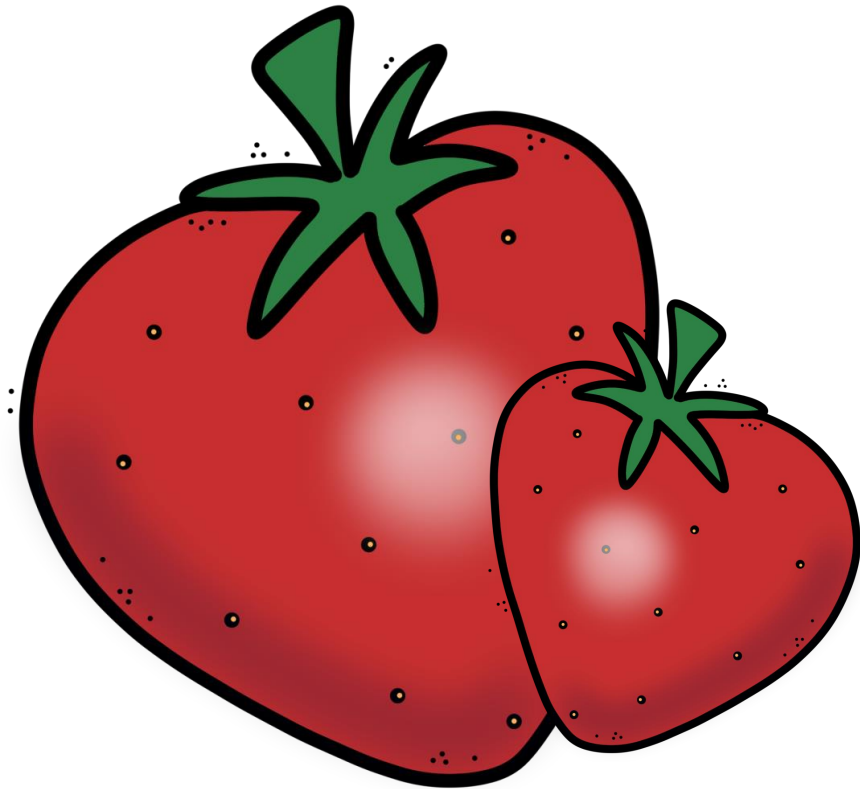
Printable Poster

Journalling Activity

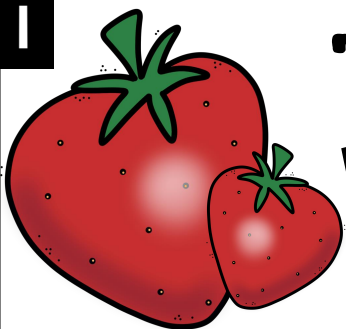
Object Lessons

Take-Home Worksheet NIV

Take-Home Worksheet KJV



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The Fruit of the Spirit

Week Eight: Gentleness

Explore the Bible story.

In this lesson, you will work together to define the word 'gentleness' and discover that gentleness is being calm and tender in what you say and do. It is making sure that what you say and do does not hurt others or yourself.

First, read through the following verses to reflect on what the Bible says about gentleness. This might also be a great time to teach students how to locate verses in their Bibles:

- Ephesians 4:2
- Proverbs 15:4
- Matthew 5:5
- Colossians 3:12
- Philippians 4:5

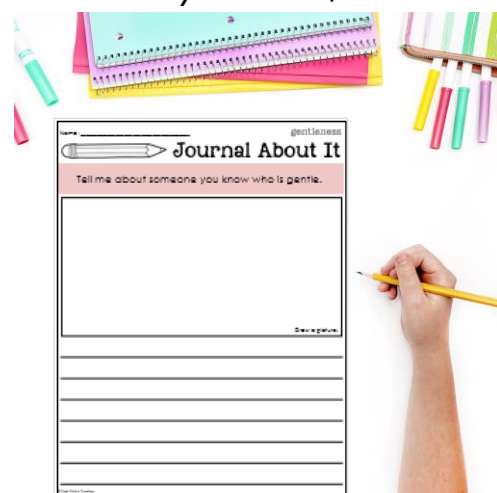
Follow this up with a discussion:

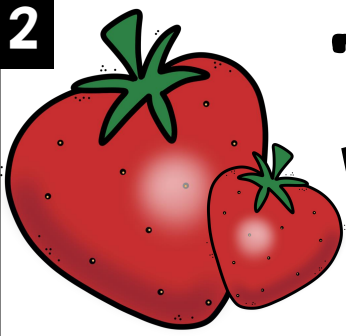
- Why is it important to be gentle?
- When is it hard to be gentle?
- How can you practice gentleness?

Use the 'gentleness' teaching posters to help students define the word. Emphasize the memory verse: *"A gentle answer turns away wrath, but a harsh word stirs up anger"* (Proverbs 15:1).

Write in your journal.

Introduce the journal prompt: "Tell me about someone you know who is gentle." Brainstorm ideas with your students and then give them time to write about this person.





The Fruit of the Spirit Week Eight: Gentleness

Do the object lessons and the craft.

Before the lesson: Collect and clean a variety of rocks. Gather paints, paintbrushes, and any other painting supplies you usually use with your students. See individual object lesson guides for these supplies.

There is a popular phrase that goes, "Sticks and stones may break my bones, but words will never hurt me." Remind students that this is untrue. We are called to be physically gentle with each other, but we are also called to be gentle with what we say! To illustrate this, complete one or both of the object lessons included in this section.

Toothpaste Words Object Lesson

Complete instructions [can be found here](#).

Getting Goopy with Oobleck Object Lesson

Complete instructions [can be found here](#).



Craft: Rock Painting

Students will paint a stone to remind them that they need to be gentle instead of "throwing stones". Let students pick which rock they would like to paint. Then allow students time to paint and decorate their rocks.

I recommend using acrylic paints. For best results, try painting a white layer on top of all of the rocks ahead of time. This helps the colors to show up vividly when kids begin their own painting.



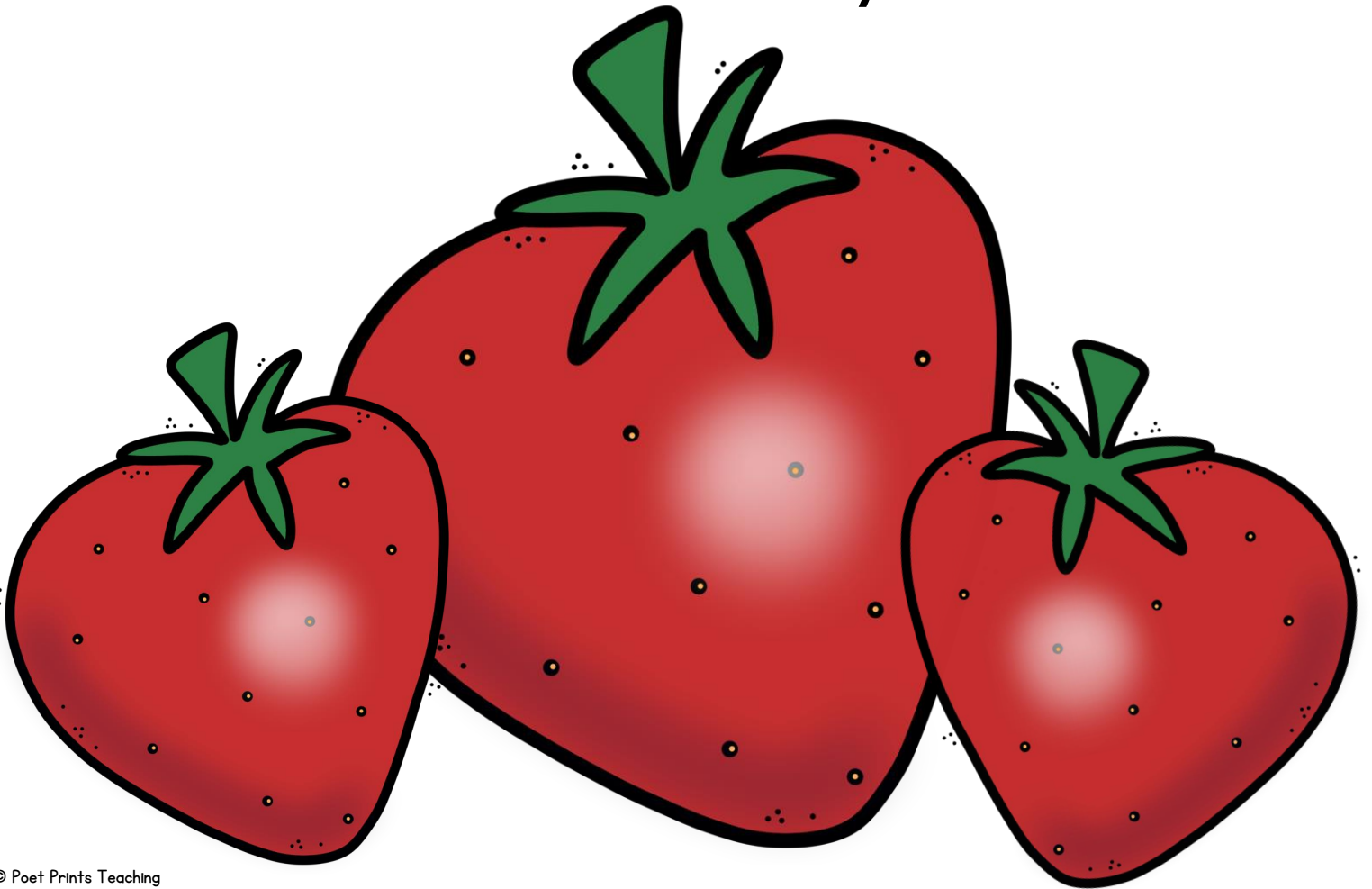
Share what you've learned.

The *Gentleness* coloring page is the perfect way to include parents and caregivers in the lesson. The worksheet includes a drawing prompt, a verse about gentleness, and a simple prayer.

Gentleness is

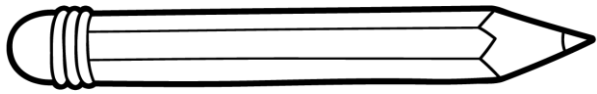
being calm and tender in
what you say and do.

It is making sure that what
you say and do does not
hurt others or yourself.



Name: _____

gentleness



Journal About It

Tell me about someone you know who is gentle.

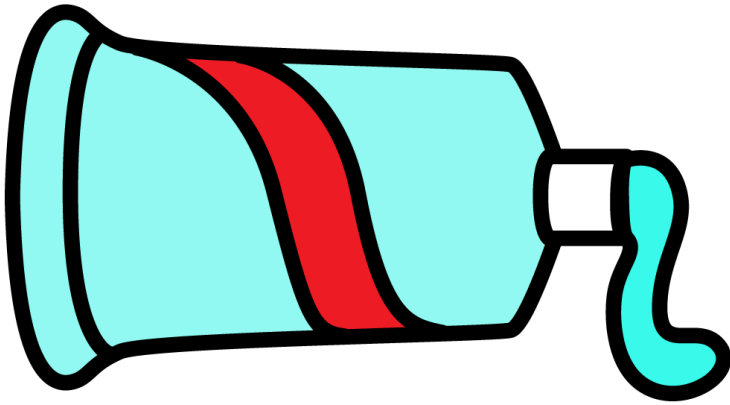
Draw a picture.

gentleness

[illegible]

Object Lesson

Toothpaste Words



What you'll need:

Tube of Toothpaste

Plate

Baby Wipes

(to clean your hands afterwards)

Teacher Script:

Gather your students around you in a circle. Make sure they can all see what you will be doing.

Squeeze an entire tube of toothpaste onto a plate.

Say, "Oh no! I shouldn't have done that. I need to take this toothpaste home for tonight! It's okay, I'll just scoop it up and put it back in the tube."

Then, try to put the toothpaste back into the tube. Be extra dramatic about how the toothpaste will *not* go back into the tube no matter how hard you try. Try scooping the toothpaste with your hands and trying to push it back in.

Say, "Oh no, I'm so sorry. It looks like I can't get the toothpaste to go back in. Even though I wanted to, I shouldn't have squeezed it all out. "

Pause to clean off your hands with baby wipes.

Tell students that this is what it is like once words leave your mouth. Just like the toothpaste wouldn't go back into the tube, we cannot grab our words back once we have said them. We need to be careful about what we say to ensure it is gentle.

Object Lesson

Getting Gooney with Oobleck



Before the Lesson: Gather your supplies listed below and have them ready.

Water
Corn Starch
Measuring Cups
Bowl and Spoon
Baking Sheets or Cafeteria Trays
Food Coloring
(optional)

Prepare the Oobleck:

Make Oobleck with your students. To do this, mix 1 cup of cornstarch and $\frac{3}{4}$ cup water in a bowl. It will take some time and slow motions to mix thoroughly. You may have to tweak the recipe with a little extra water/cornstarch if it isn't the right consistency when you're done. If you have a big group, I suggest making more than one batch.

Teaching the Lesson:

Demonstrate that when you punch or apply a lot of pressure to Oobleck, you can't get through the substance

When you use slow and gentle motions, your hand can easily move through the Oobleck

Gentleness is the key to getting Oobleck to flow. Just like gentleness is the key when interacting with other people.

You might want to give students small cups of Oobleck so they can experiment with it as well!

Oobleck can be quite messy. Here are some of my favorite tips to contain the chaos:

- Give a small container of Oobleck and a baking (or cafeteria) tray to groups of 2-3 students.
- Instruct kids that the Oobleck, and goopy hands, must stay on/over the tray.
- Make sure to dispose of Oobleck into the garbage. It shouldn't go down a drain!

Gentleness is being calm and tender in what you say and do. It is making sure that what you say and do does not hurt others or yourself.

Draw a picture of someone who is gentle.

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PRAY ABOUT IT

Dear God, sometimes it is hard to be gentle, especially when I am not feeling calm. Please teach me how to be gentle so my words and actions can help others instead of hurt others.

A gentle answer
turns away
wrath, but a
harsh word stirs
up anger.

Proverbs 15:1 NIV

Gentleness is being calm and tender in what you say and do. It is making sure that what you say and do does not hurt others or yourself.

Draw a picture of someone who is gentle.

© Poet Prints Teaching



PRAY ABOUT IT

Dear God, sometimes it is hard to be gentle, especially when I am not feeling calm. Please teach me how to be gentle so my words and actions can help others instead of hurt others.

A soft answer
turneth away
wrath; But
grievous words
stir up anger.
Proverbs 15:1 KJV

SELF-CONTROL

Teaching Guide

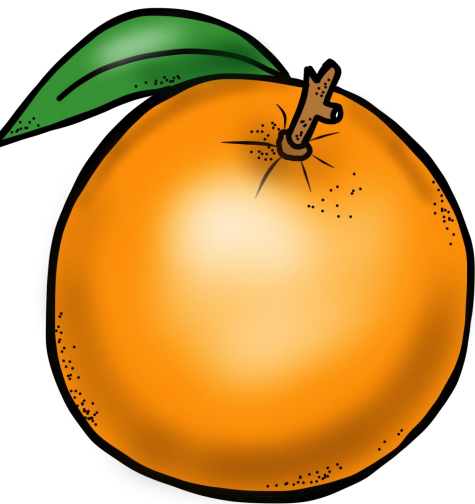
Printable Posters

Journalling Activity

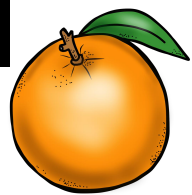
Printable Art/Craft Pages

Take-Home Worksheet NIV

Take-Home Worksheet KJV



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The Fruit of the Spirit

Week Nine: Self-Control

Explore the Bible story.

In this lesson, you will work together to define the word 'self-control' and discover that self-control is listening and doing what God wants you to do, rather than doing what you want to do.

First, read the story of Daniel and His Friends (Daniel 1) from your own children's Bible (or find a video version on YouTube).

Follow up the story with background information and discussion:

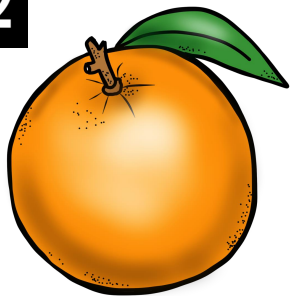
- Why did Daniel and his friends live in Babylon?
- How did Daniel and his friends show self-control?
- What happened at the end of the ten days?
- Daniel and his friends could have been extremely angry that they had been taken from their home. Maybe they were angry, but they showed self-control instead of letting their anger control them. From what we know, they did not have temper tantrums, fight the Babylonians, or say/do bad things. They presented their request kindly and, in the end, they were respected for their decision.
- In the same way, we are to think before we act. We should be slow to become angry.

Use the 'self-control' teaching posters to help students define the word. Emphasize the memory verse: *"Everyone should be quick to listen, slow to speak, and slow to become angry"* (James 1:19b).

Explore Calming Strategies

Helping our bodies to calm down goes hand-in-hand with self-control. When kids are upset, angry, or frustrated, it can be harder to make a good choice. These calming strategies are practical ideas to help when you're feeling overwhelmed.

- **Birthday Candle Breathing** – Take a deep breath in, then slowly blow it out, imagining that you have to blow out birthday candles on a very large cake *without* spitting all over it.
- **5-5-5 Breathing** – Take a deep breath for five seconds, hold it for five seconds, and blow it out for 5 seconds.
- **Hug a Stuffed Animal** (or a cozy blanket) – Giving a big hug to a stuffed animal can help to calm our body down.
- **Find a Quiet Place** – Sometimes a little space can help our bodies calm down. Ask students where they could go if they need some space.
- **Move Your Body** – Finding a way to move your body can help you when you are upset. Ask kids the ways that they like to move their bodies. (Go outside on the swing, climb a rope, ride a scooter, jump on a trampoline, etc.)
- **Pray** - Ask God to help you to calm your body and have self-control.
- **Listen to Music** - Listening to music (like a worship song) can help you to focus on God and the music instead of what is making you upset. Ask: What kind of music do you like to listen to?
- **Add your own!** Ask: Is there anything else that helps you to calm down when you are feeling upset?



The Fruit of the Spirit

Week Nine: Self-Control

Write in your journal.

Introduce the journal prompt: "Can you think of a time when you had to use self-control? Tell me about it." Brainstorm ideas with students and give them time to write.

Do the craft: Scribble Art

Before the lesson: Print the scribble art templates on heavy paper. Gather pencils, permanent markers, and various coloring supplies.

Give each child a scribble art template.

Show kids how to draw a handful of swirly and wiggly lines on their paper around the text and bubble letters. Emphasize that they should *NOT* draw lines inside the bubble letters.

Use a pencil to make the lines, and trace over them with a permanent marker.

Then, color each section of the page a different color to create a colorful pattern/effect.

Almost any art supply will work for these. I love using pastels or paint crayons!

Share what you've learned.

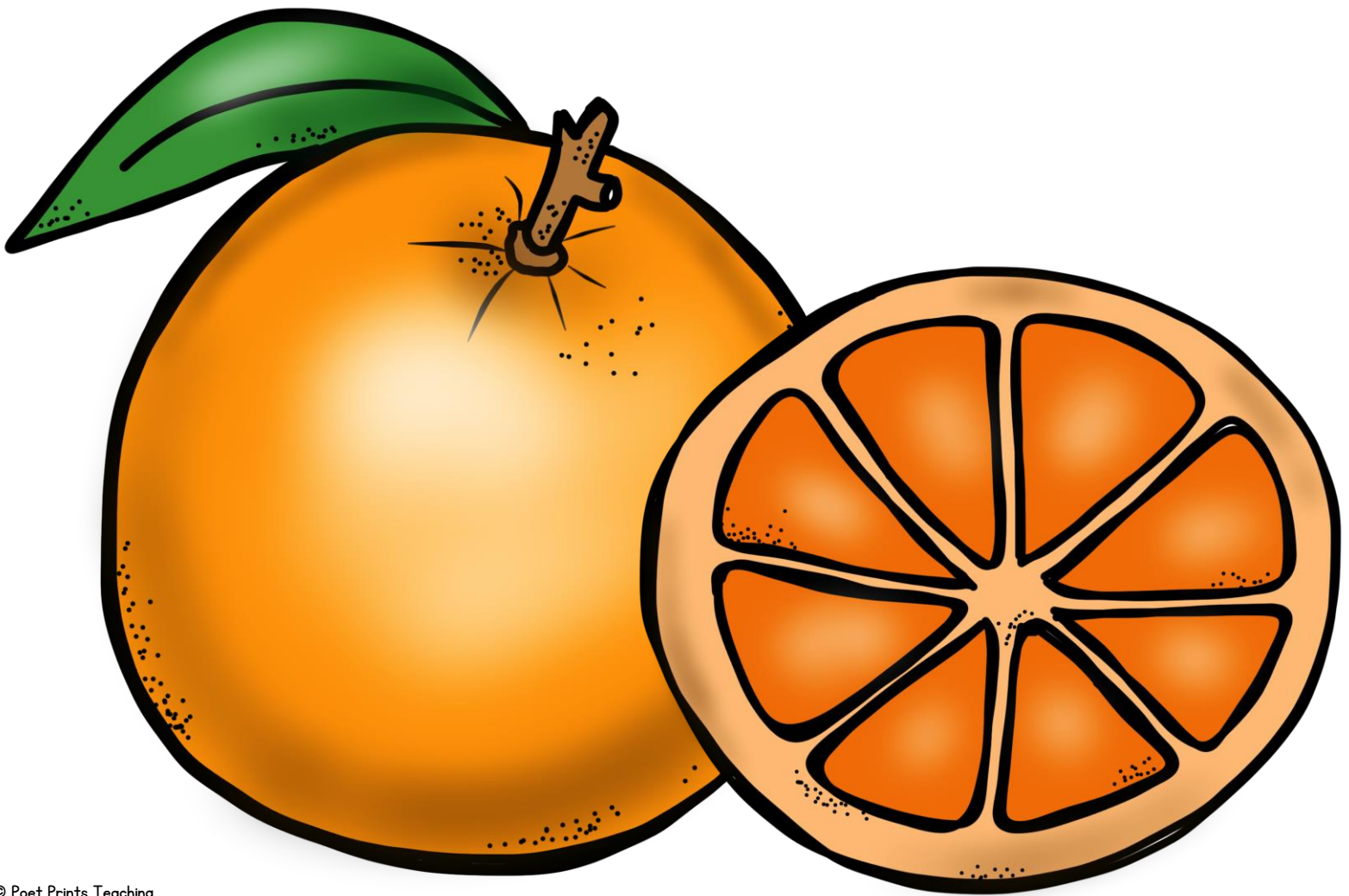
The *Self-Control* coloring page is the perfect way to include parents and caregivers in the lesson.

The worksheet includes a drawing prompt, a verse about self-control, and a simple prayer.



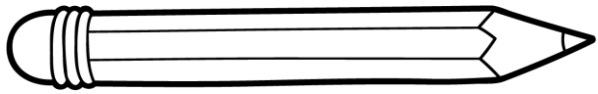
Self-Control is

listening and doing what
God wants you to do,
rather than doing what
you want to do.



Name: _____

self-control



Journal About It

Can you think of a time when you had to use self-control?
Tell me about it.

Draw a picture.

self-control



This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

God helps me to have

SELF-CONTROL

Self-Control is listening and doing what God wants you to do, rather than doing what you want to do.

Draw a picture of something you can do when you need to calm down.

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PRAY ABOUT IT

Dear God, sometimes it's hard to have self-control. So often I want to do things my way, but I know that your way is the best. Teach me your ways and lead me so I can have self-control.

Everyone should
be quick to listen,
slow to speak,
and slow to
become angry.

James 1:19b NIV

Self-Control is listening and doing what God wants you to do, rather than doing what you want to do.

Draw a picture of something you can do when you need to calm down.

© Poet Prints Teaching



PRAY ABOUT IT

Dear God, sometimes it's hard to have self-control. So often I want to do things my way, but I know that your way is the best. Teach me your ways and lead me so I can have self-control.

Let every man
be swift to hear,
slow to speak,
slow to wrath.

James 1:19b KJV