

# Kindness Attacks!

*Directions:* Listed below are examples of “kindness attacks” that can be enacted with a group. With your table group, choose one of these acts or one of your own that you can do in the time allowed in this period. Everyone in your group should take part and have a special role. The session director will provide the ground rules.

- Clean and organize a basement or broom closet.
- Lead a cheer of appreciation for a receptionist, a grocery store checker, a crossing guard, or a teacher.
- Visit someone who is homebound.
- Take a potted plant or flower arrangement to a local police or fire station.
- Smile at people at a crowded mall.
- Decorate a classroom of a primary grade so that the students will be surprised the next time they come to class.
- Wash the windows of the cars in the church parking lot.
- Invite teens from another church to a social activity at your parish. Write a formal invitation and deliver it personally.
- Visit a teen member of your parish who has been absent from youth classes and programs. Assure the person that he or she is remembered and always welcome at your activities.
- Write affirmation notes to everyone in another table group.
- Bring a snack or drink to everyone in another table group.
- Prepare and perform a skit highlighting the good qualities of the people in another table group.

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