

Friendship and Bullying



God Loves and Values Every Person

Ask your child to help you put away groceries. Point out that every act of kindness we do for others, no matter how small, reveals God’s love to that person. Together, think of small acts, such as giving someone a sincere compliment, that can show God’s love. Then pray together the Peace Prayer of Saint Francis.

Friendship in Action

Mercy, hospitality, and empathy are qualities of a good friend.

- **Mercy** is the gift of responding to people in need with care and compassion.
- **Hospitality** is a spirit of generosity that welcomes others into fellowship.
- **Empathy** is the ability to understand how others are thinking and feeling.

Invite your child to tell you about family members, friends, or well-known people who show each of these qualities.



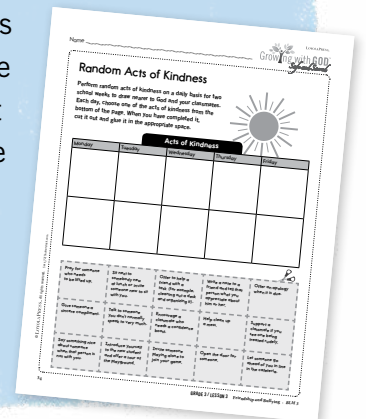
A Welcoming Spirit



Your child can grow in a spirit of openheartedness. Ask your child whether there is someone at school—perhaps a new student or a child who is often left out—who might need some extra encouragement. Discuss ways your child might share Jesus’ love and friendship with this person.

Random Acts of Kindness

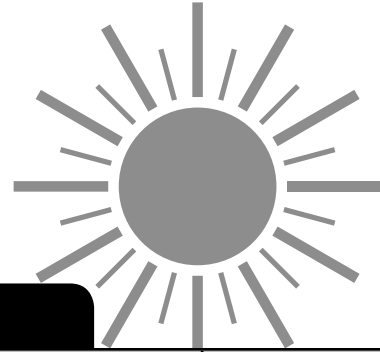
Review the Random Acts of Kindness handout with your child. As he or she completes the handout over the next couple of weeks, pay attention to the ways in which he or she performs small acts of kindness at home and around other people. Thank your child for being such a good friend to others.



Name _____

Random Acts of Kindness

Perform random acts of kindness on a daily basis for two school weeks to draw nearer to God and your classmates. Each day, choose one of the acts of kindness from the bottom of the page. When you have completed it, cut it out and glue it in the appropriate space.



Acts of Kindness

Monday	Tuesday	Wednesday	Thursday	Friday

Pray for someone who needs to be lifted up.

Sit next to somebody new at lunch or invite someone new to sit with you.

Offer to help a friend with a task (for example, cleaning out a desk and organizing it).

Write a note to a friend and tell that person what you appreciate about him or her.

Offer an apology when it is due.

Give someone a sincere compliment.

Talk to someone you don't normally speak to very much.

Encourage a classmate who needs a confidence boost.

Help clean up a mess.

Support a classmate if you see one being treated rudely.

Say something nice about someone when that person is not with you.

Introduce yourself to the new student and offer a tour of the playground.

Invite someone playing alone to join your game.

Open the door for someone.

Let someone go ahead of you in line in the cafeteria.

