



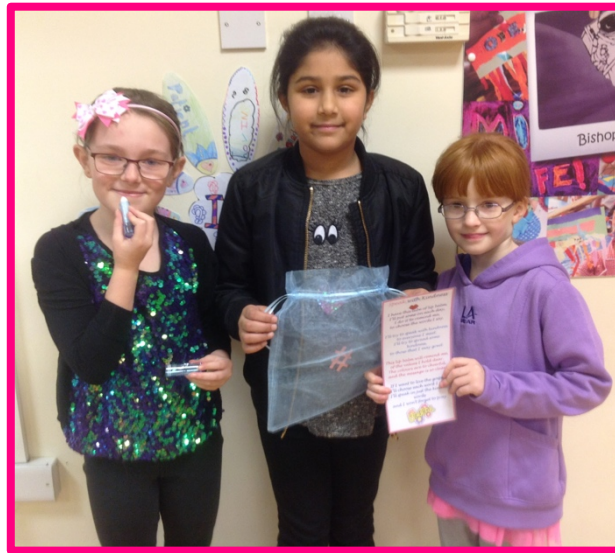
Activity 73

Speak with Kindness

Spiritual Development: To remind you to speak with kind words from a kind heart.

You will need – Copies of the kindness poem, lip balm in either small tins or as a chapstick, tags, felt tip pens and organza bags.

Activity – This activity is designed to remind us that the words we say impact massively on others and that we should always speak kind words from a kind heart. Make two copies of the 'Speak with Kindness' poem and laminate them back to back. Put a laminate of the poem and a lip balm in an organza bag with a tag with the title of the poem. You can give these as gifts or sell them for charity.



Speak with Kindness



*I have this tube of lip balm,
I'll put some on each day,
I do it to remind me,
to choose the words I say.*

*I'll try to speak with kindness,
to everyone I meet.
I'll try to spread some
kindness,
to those that I may greet.*

*This lip balm will remind me,
of the values I hold dear.
The colours are so cheerful,
and the message is so clear.*

*If I want to live the gospel,
I'll choose each word I say.
I'll speak in just the kindest
words
and I won't forget to pray.*

