Opening session by OL Leader (guest speaker or clergy) in main Zoom group:

20 minutes

**Opening Question:**

*(Leader should ask the group)*

How would you fill in this blank: “Kindness is --------.”

Have campers answer this question on paper or a notebook.

**Teaching:**

Kindness is something that can be freely given. It only takes a second to show someone kindness. Though small, each kind word can fill us up and cause us to feel joy. We are able to spread this to others through our random acts of kindness. When we give, seeking nothing in return, we store up treasures for ourselves in heaven.

Kindness can be a hard thing to show others when they are mean to us. However, it is always the best option to be kind to those around us no matter what we are doing. It is important to be kind during arguments. If we are able to be kind in these times of high stress, we are able to be kind when it is easy.

Read the quote aloud:

“Humility, kindness, and simplicity, these are basic things. Kindness means to first think about what is beneficial for the other, not what is beneficial for ourselves. That said, God is not unjust: He subsequently recompenses us for whatever we lose in our efforts to help our brother.” - Saint Paisios

We have strong examples of kindness in our faith through the saints including St. Paisios and the Panagia. Panagia is always kind to us. She is constantly praying for us. When we are in doubt, we can always go to her for help. We should also try to cultivate and share this type of kindness with others in our own lives.

**Activity:**

Materials: Paper & Pencil

Tell campers that we want to encourage them to perform acts of kindness each day and that will begin by writing a letter of appreciation to someone in their life. It could be to a parent, friend, counselor, teacher, or a general letter to someone in the hospital or in a nursing home. Those are just some ideas to get them thinking, and once they decide, they can start writing. As time permits, give campers time to work on their letter, and then encourage them to send their letter to the person they were writing it to.

To wrap up the activity, ask campers,

* What makes it important to show kindness to others?
* How do they feel when someone shows kindness to them?

**Teaching 2:**

Being kind to others is part of showing Christ’s love, and as we have seen and experienced, kindness can be infectious. It can also be difficult to be kind, when we see so many difficulties and troubles in the world. As Christians, we are called to be the light through our kindness in this world.

Read Scripture Aloud:

“But in every way we show that we are servants of God. We never give up, even though we face troubles, difficulties, and problems of every kind. We are beaten and thrown into prison. People get upset at us and fight against us. We work hard, and sometimes we get no sleep or food. We show that we are God’s servants by our pure lives, by our understanding, by our patience, and by our kindness. We show it by the Holy Spirit, by genuine love, by speaking the truth, and by depending on God’s power.” (2 Corinthians 6:4-7)

Through understanding, patience, and love, we are called to be kind to everyone. Although we may be faced with hardships, we continue to use the model of Christ and the saints to show kindness toward everyone we encounter.

**Wrap-up:** Provide the breakout questions to the entire group. Provide the instructions to the breakout activity.

*Note: Campers and Staff are moved from main Zoom room to their Breakout rooms*

**Discussion Questions** (for breakout groups):

* Begin with a wrap around: All campers should go around and share one word that explains what kindness means to them?
* What are some ways people have shown kindness to you?
* Thumbs up/Thumbs down: Did you find it easy or hard to show kindness to the people you encountered today? Why or why not?
* How can we show everyone we are Christians?
* End with a wrap around: What is one way you will try to be kind to people, even when it may be difficult?

**Devotional (Cabin Talk):**

Challenge: Random Acts of Kindness

* + Ask campers to think of a random act of kindness they have performed in the past week or month. Have them write down their answers. When they finish writing, ask them if they would do this for a parent? a friend? a stranger? an enemy?
  + To continue with this challenge, ask campers to set three goals for themselves of acts they can realistically do in the next month that show kindness to others. Some examples: volunteer your time for those in need, spend time with someone who is alone and/or those you love, do something good for someone without them knowing.

Read Scripture Aloud:

“Give, and it will be given to you; good measure, pressed down, shaken together, running over, will be put into your lap. For the measure you give will be the measure you get back.” (Luke 6:38)

* + Follow-up questions for scripture:
    - What does this mean for kindness? How should we give kindness to others?
    - What happens when you think about others first? How are we repaid?