

MAKING THE MOST OF WHAT'S FOR DINNER? MAGAZINE



The Adventures of Kindheart

Meet Kindheart, the superhero who doesn't wear a cape, but still saves the day.

GOOD MORNING, EVERYONE! HOW CAN I HELP TODAY?

WHAT HAPPENED? WHY ARE YOU CRYING?

MY PUPPY RAN AWAY, AND I CAN'T FIND HIM.

HIS NAME IS MAX.

DON'T WORRY, I'LL HELP YOU FIND YOUR PUPPY.

WHAT'S HIS NAME?

MAX!

MAX! WHERE ARE YOU, BOY?

MAX, YOU'RE A NAUGHTY BOY.

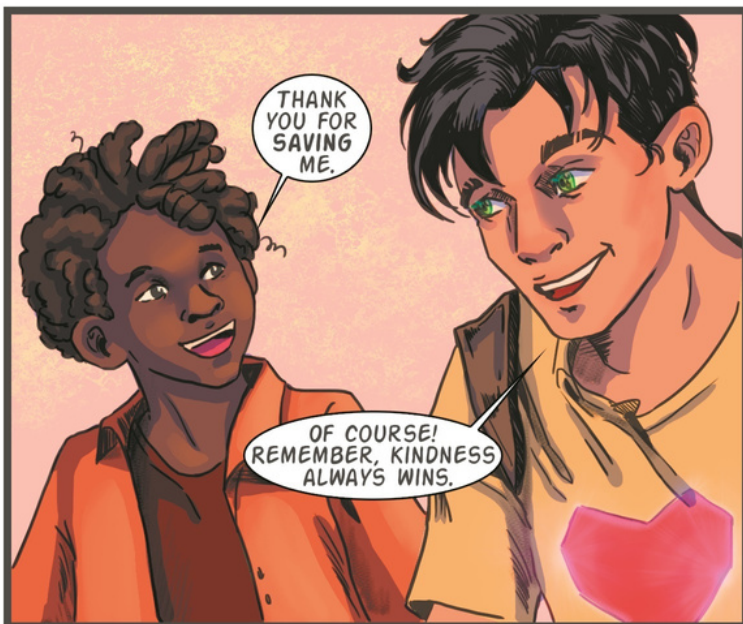
YOUR OWNER IS WORRIED SICK ABOUT YOU!

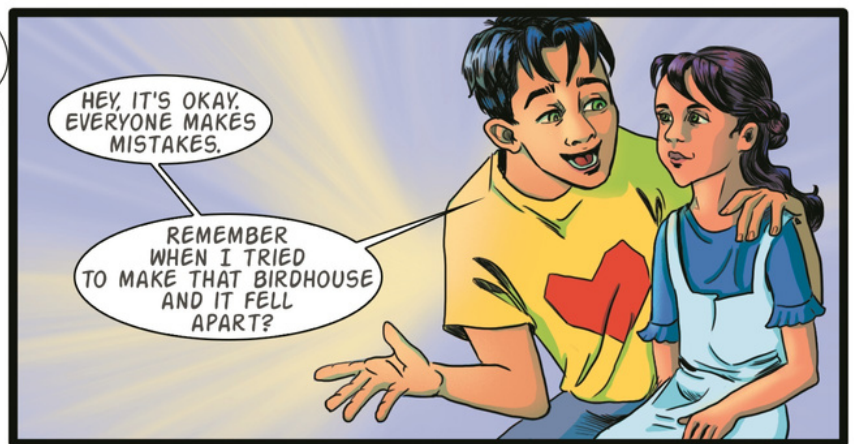
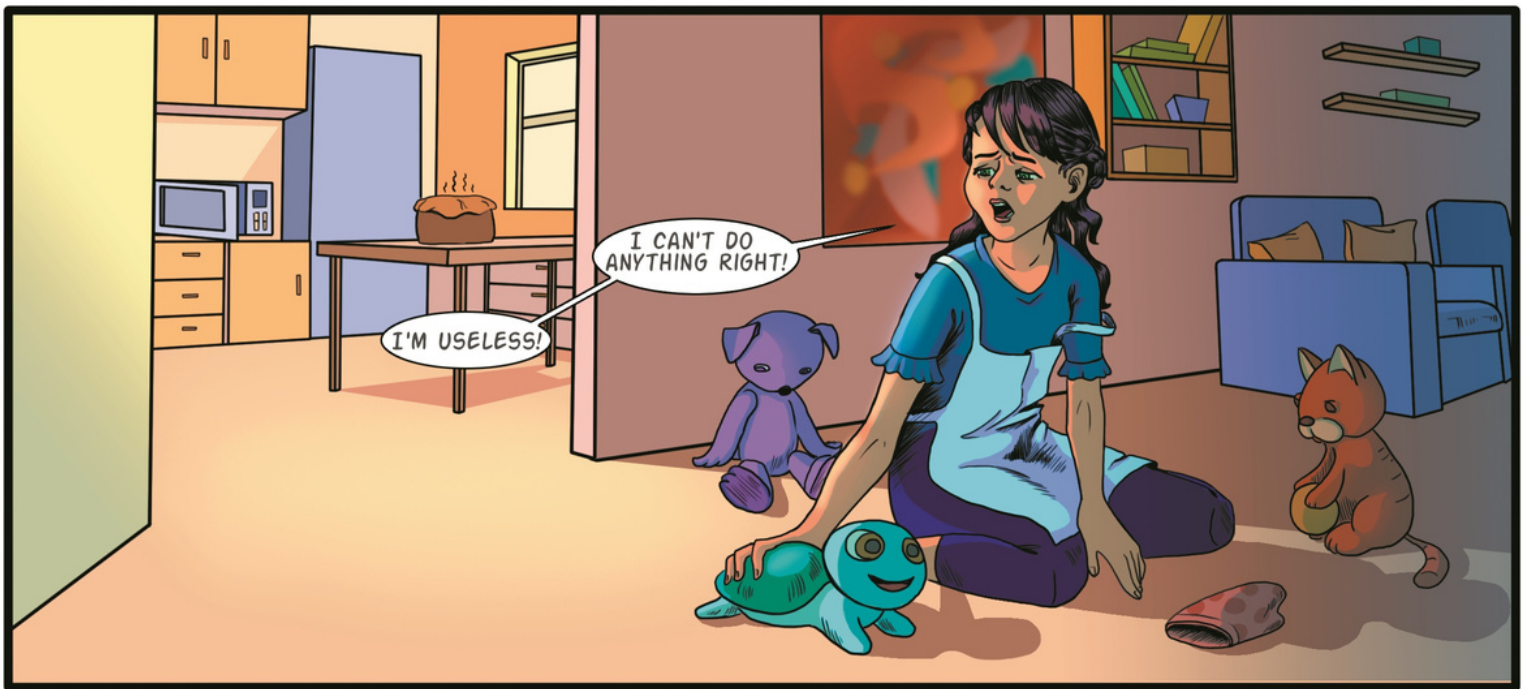
HERE YOU GO! MAX IS SAFE AND SOUND.

THANK YOU!

THANK YOU!

THANK YOU!





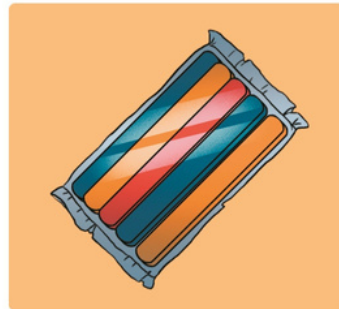
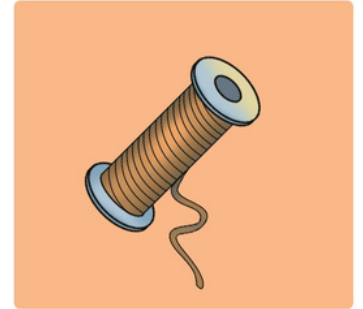
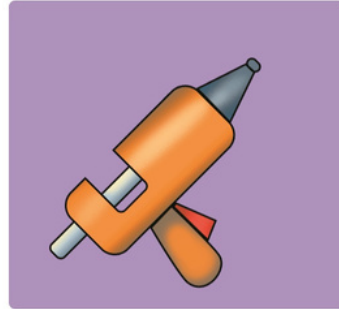




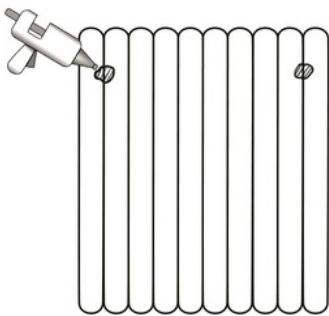
Let's show some kindness
to our Feathered Friends!

WHAT YOU'LL NEED:

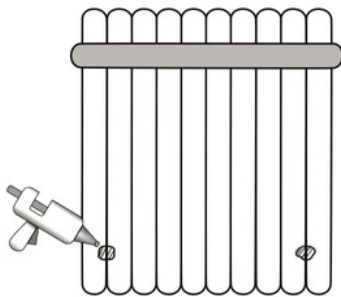
- ✓ HOT GLUE & GLUE GUN,
- ✓ COLORED JUMBO 6" CRAFT STICKS,
- ✓ BIRDSEED OR MEALWORMS,
- ✓ STRING.



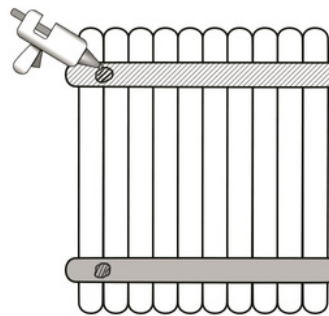
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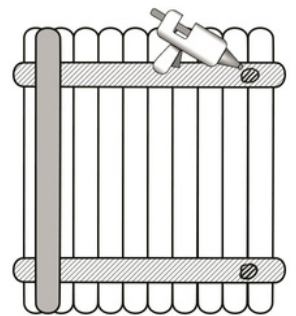
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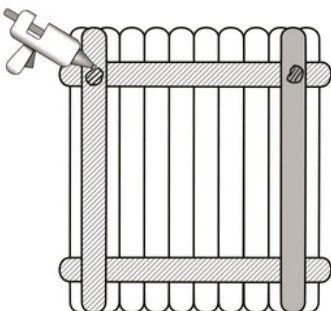
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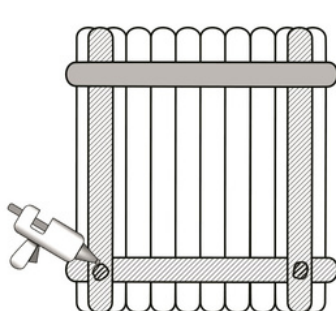
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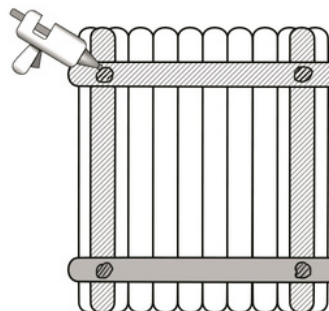
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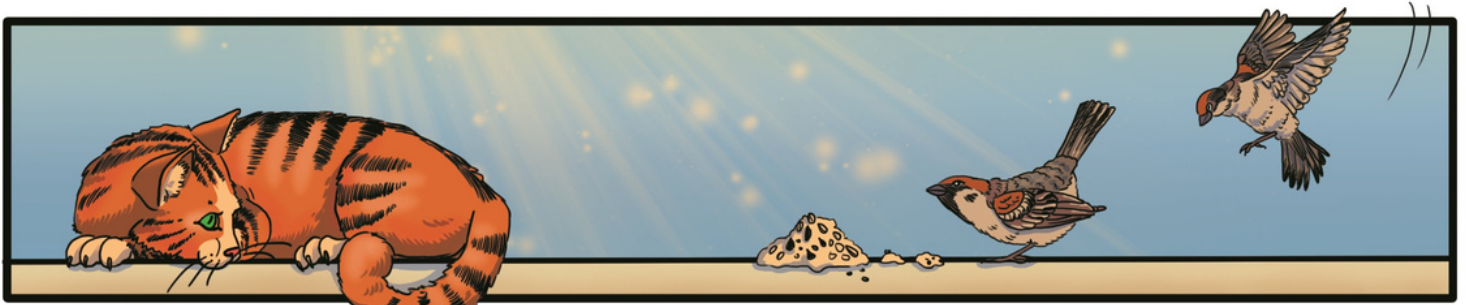


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REPEAT
THESE STEPS
SEVERAL
TIMES.



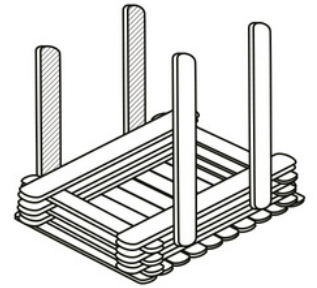
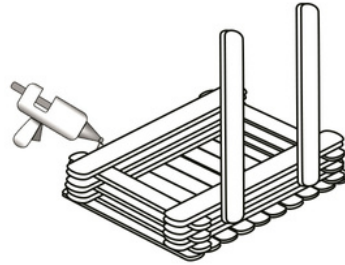
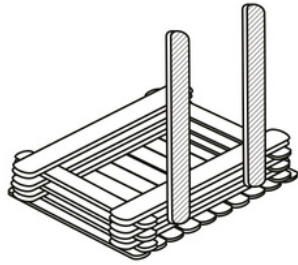
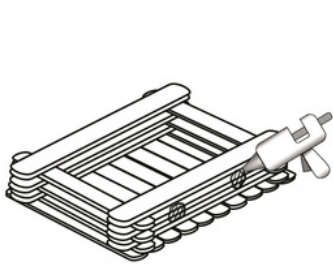


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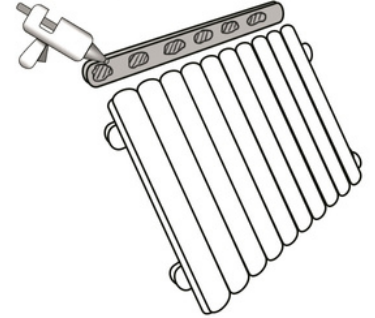
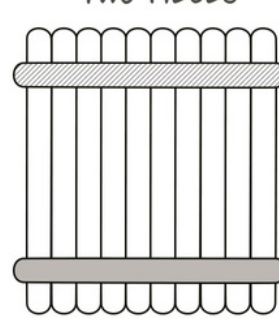
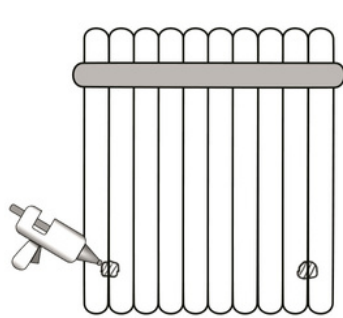
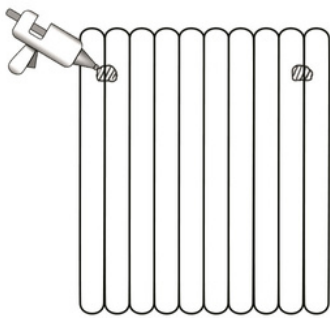
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TWO PIECES

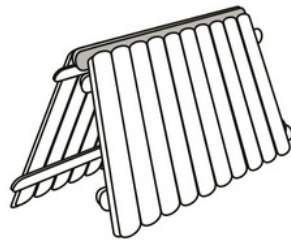
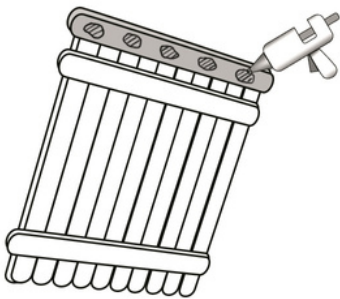
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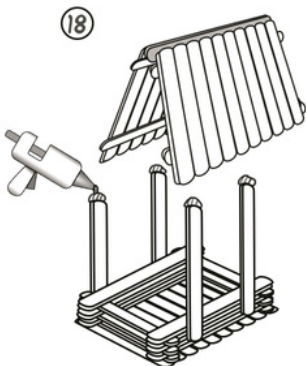
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JOIN TOGETHER



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FUN WITH KINDHEART

CREATE A MOVIE

Using a smartphone or tablet, have the child film their own short movie with the Kindheart cutout as the star. They can even add special effects and music to make it even more exciting.

PLAY HIDE-AND-SEEK

Hide the superhero cutout in various places around the house or yard and have the child search for it. You can also hide other superhero-themed objects to make it more challenging.



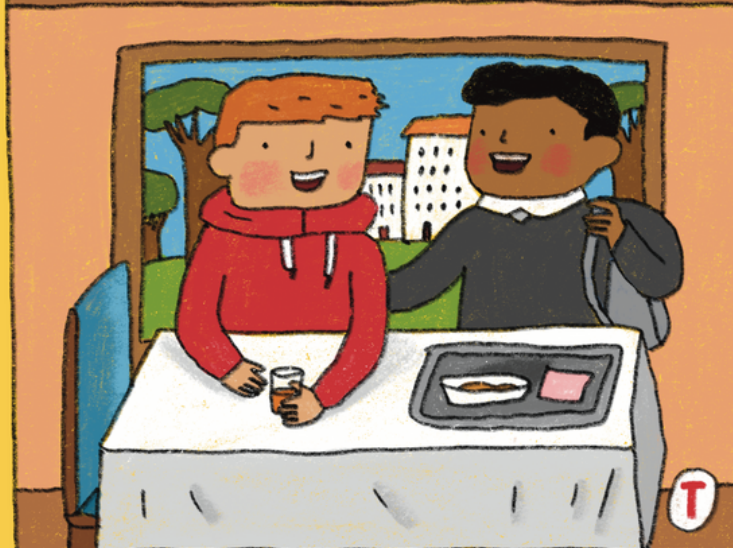
MAKE A PUPPET SHOW

Using the cutout as a puppet, the child can create their own superhero-themed puppet show. They can also make their own puppets for other characters in the story.

IT'S BRAVE TO BE KIND

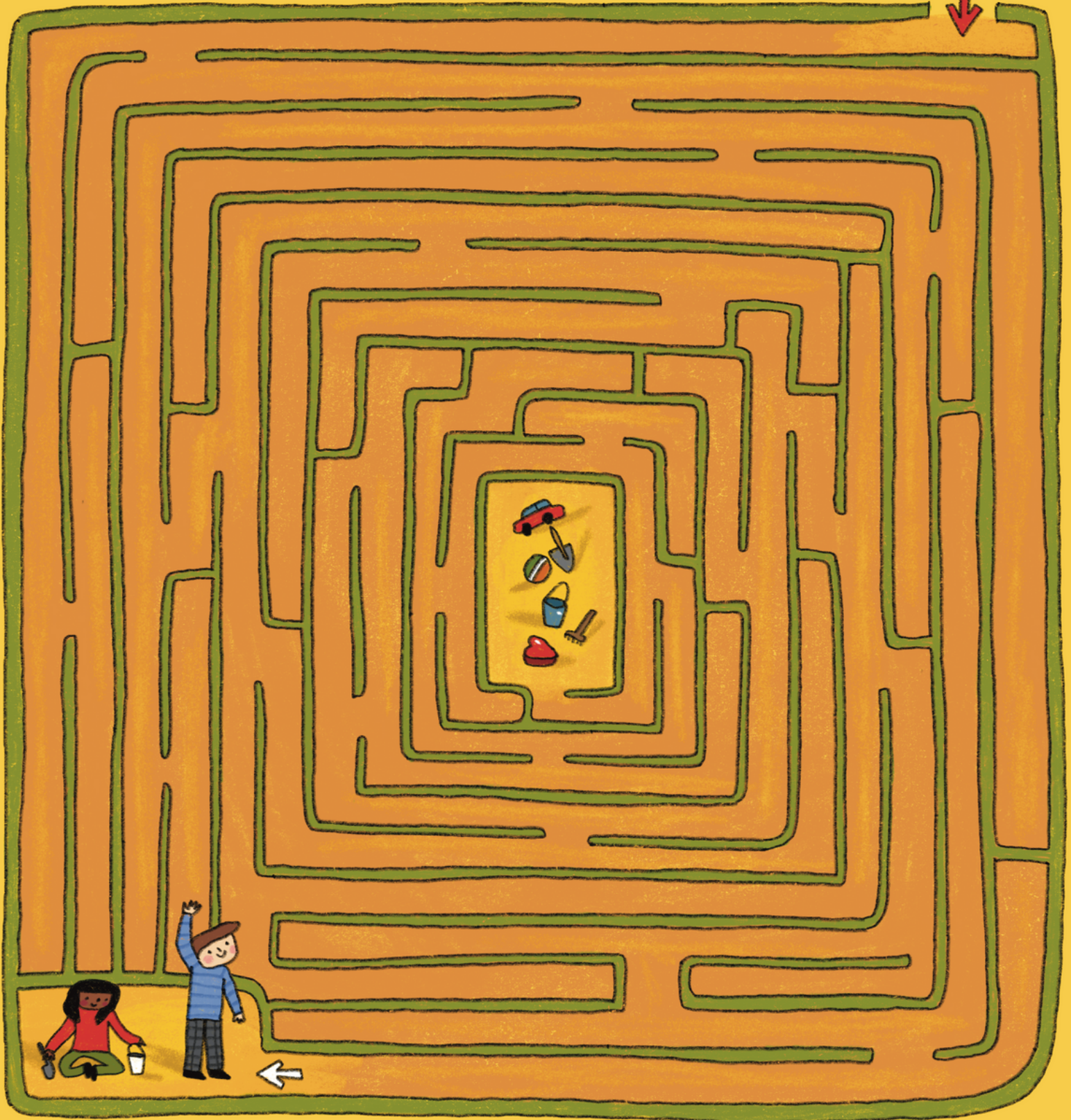
These pictures are mixed up. Decide what order these events happened in, and write the letters in that order in the spaces below to uncover the secret.

TO BE KIND IS TO BE LIKE _ _ _ _ _



LOVE WILL FIND A WAY

Being kind means noticing others around you. Tyler and Lisa just saw a lonely girl, and invited her to join them.



HAVE A HEART

SUPPLIES:

- Life scenarios (see below)
- Music on your phone
- Something that represents kindness (a soft toy, a heart-shaped object, a small pillow, etc.)

Let's play a game that will help us explore some ways to show kindness in everyday life.

Have children sit or stand in a circle. Give one person a heart-shaped object. When the music starts, they will pass it to their right. When the music stops, whoever is holding the heart gets to hear the situation read to them and decide what kindness could look like in that particular scenario. Play until you run out of the scenarios.

If children are enjoying the game and want to keep it going, let them come up with their own scenarios.

- It's cold outside and it's your sister's turn to walk the dog. She has a big test tomorrow and needs every moment to study for it.
- You're playing a video game when you hear that your little brother is crying in his room.
- Your mom has had a rough day at work. She came home extremely tired.
- Older kids at school make fun of your friend.
- Your classmate forgot to bring lunch and has no money to buy something in the cafeteria.
- Your sister wants to watch a movie on the big TV in the living room, but you want to play a video game.
- You notice that your friend on the sports team is sad. When you ask what has happened, she says that her dog passed away.



It's never convenient to be kind. Loving people will always cost you something. It's easier not to love, not to give, not to care, not to share. But each time we miss a chance to be kind, our hearts shrink and become harder.

We are made to receive love and to give love. Each time we choose to be kind, we live out our purpose. We never look more like Jesus than in those times when we show kindness to others.

COLOR YOUR WORLD

SUPPLIES:

- *What's for Dinner?* magazine pages 34-35
- *Color Your World* video

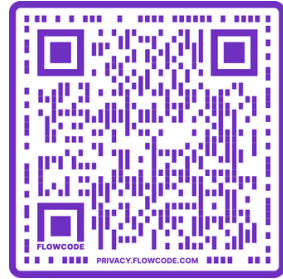
Invite children to watch *Color Your World with Kindness* video and look for all the people who chose to show kindness.

You can play the video on your tablet or phone by scanning the QR code. Also, you can play it on your computer or tablet by clicking on the icon on the right.

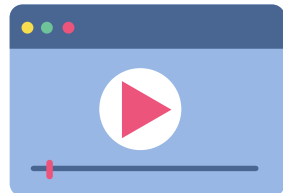
After the video, ask children to list everyone who showed kindness.

Explore: **Why do you think people became colorful after someone showed them a little bit of love?**

Open your magazine to pages 34-35 and start making plans to color your world with kindness.



SCAN ME 



CLICK HERE

COLOR YOUR WORLD WITH KINDNESS

As a family, brainstorm how you could use your words and actions to make others feel better about themselves.

Color each spot after you have accomplished each mission of kindness.

LET YOUR LIGHT SHINE



So that others will see the good that you do and will
praise your Father in heaven.

- Jesus, Matthew 5:18

Think of someone
who was kind
to you.

How did it
make you feel?

Think of someone
who could use
your kindness.

What can
you do?

Now go
do that
kind thing!

How did it
make you feel?

CLICK HERE



by the creators of
What's for Dinner?



TRUTH CARDS

YOU WILL KNOW THE TRUTH,
AND THE TRUTH WILL SET YOU FREE

Scan the QR code and find out 50+ ideas
for how to use TRUTH CARDS
in all kinds of places!

