GET STARTED WITH GOODNESS!

A PROGRAM FOR HOME, SCHOOL, AND WORK SETTINGS

Part of the "Goodness Rocks!" collection of motivational materials

INTRODUCTION

Our "Get Started with Goodness" program for home, school, and work settings encourages people of all ages to do simple acts of goodness! Encouraging students, staff, personnel, and/or family members to do acts of goodness on a regular basis is a wonderful way to establish a warm and supportive school, work, or home environment. Our "Get Started with Goodness" program includes 20 easy-to-do acts of goodness – participants can focus on doing 5 acts of goodness each week (Monday – Friday) for 4 weeks, or 4 acts of goodness each week (Monday – Thursday) for 5 weeks, or whatever works best in their particular situation! This curriculum guide features each act of goodness in a separate entry and includes discussion questions, activity ideas, and related Bible verses.

Let's Rock the World with Goodness!

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GET STARTED WITH GOODNESS!
PROGRAM CHECKLIST

□ SAY “PLEASE!”

□ SAY “THANK YOU!”

□ SMILE!

□ GIVE COMPLIMENTS!

□ COMPLETE ASSIGNMENTS AND ACTIVITIES ON TIME!

□ BE POLITE AND KIND!

□ LISTEN!

□ SHARE!

□ PAY ATTENTION TO INSTRUCTIONS – MAKE SURE YOU UNDERSTAND THEM, THEN FOLLOW THEM!

□ TAKE GOOD CARE OF YOURSELF, INCLUDING YOUR PHYSICAL, MENTAL, AND EMOTIONAL HEALTH!

□ REST! GET A GOOD NIGHT’S REST, AND TAKE BREAKS WHEN YOU NEED TO DURING THE DAYTIME!

□ SEEK TO UNDERSTAND OTHERS, INCLUDING THEIR ACTIONS AND PERSPECTIVES. DON’T BE JUDGMENTAL OR CRITICAL!

□ ASK QUESTIONS. EXPAND YOUR LEARNING AND UNDERSTANDING!

□ TEACH SOMETHING TO SOMEONE ELSE!

□ RESPECT!

□ VOLUNTEER!

□ SOLVE A PROBLEM!

□ ENCOURAGE SOMEONE!

□ BE HAPPY (REJOICE, CELEBRATE)!

□ USE YOUR GIFTS AND TALENTS!

SAY “PLEASE!”
Saying “please” when you ask somebody to do something indicates that you respect the other person, and that you value the other person’s time and efforts.

Discussion Questions:

- Why is it helpful and important to say “please” when asking someone to do something?
- What are some other words or phrases that you could use instead of “please” that have a similar meaning?

Activity Ideas:

- Remember to include the word “please” when you ask someone to do something!
- Find out how people in different cultures politely ask others to do something!
- Learn how to say “please” in a different language!

Relevant Bible Verses:

- Philippians 2:3-4 – Do nothing from selfish ambition or deceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others.

SAY “THANK YOU!”
Saying thank you when somebody helps us or gives us something builds positive relationships and helps the other person feel appreciated. Expressing gratitude can also make us feel better, physically and emotionally!

Discussion Questions:

- Why is it important to say “thank you” when people help you or give you something?
- How does it feel when people say “thank you” to you, after you have helped them or given them something?
- Is there anyone who has helped you or given something to you in the past, that you haven’t thanked yet? If so, take time to thank that person!

Activity Ideas:

- Remember to say “thank you” when people help you or give you something!
- Learn how to say “thank you” in a different language!

Relevant Bible Verses:

- Psalm 9:1-2 – I will give thanks to the Lord with my whole heart; I will recount all of Your wonderful deeds. I will be glad and exult in You; I will sing praise to Your name, O Most High.
- 1 Thessalonians 5:18 – Give thanks in all circumstances, for this is the will of God in Christ Jesus for you.

SMILE!
Smiling is a gift that gives both ways! Seeing a smile helps people relax and feel more joyful, while giving a smile can reduce your stress and improve your mood!

Discussion Questions:

- Describe a time when someone gave you a smile that made a positive difference in your life.
- Describe a time when you smiled at someone else, and that person had a positive reaction.
- How do you feel when you see someone smile at you?

Activity Ideas:

- Practice smiling at people, as the Lord leads!
- Pay attention to how people react when you smile at them!

Relevant Bible Verses:

- Proverbs 15:13a – A glad heart makes a cheerful face.

GIVE COMPLIMENTS!
Saying nice things to other people can increase their self-confidence and can help create a positive environment.

Discussion Questions:

- Describe a positive compliment that someone has given to you, either recently or in the past. How did the compliment make you feel?
- Describe a positive compliment that you have given to someone else. How did the person that you gave the compliment to respond?

Activity Ideas:

- Give a compliment to someone!
- If you know someone who speaks a different language, find out how to give them a compliment in their language!

Relevant Bible Verses:

- Proverbs 16:24 – Gracious words are like a honeycomb, sweetness to the soul and health to the body.
- Ephesians 4:29 – Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.

COMPLETE ASSIGNMENTS AND ACTIVITIES ON TIME!
Completing assignments and other activities on time can reduce your stress and help many people's lives run more smoothly!

Discussion Questions:

- Do you generally complete assignments on time, early, or late? If you tend to complete assignments late, what are some strategies you can use to help you complete and turn things in on time?
- Have you ever waited for someone to help you, or to give something to you, and that person was late? How did that make you feel?
- Why do you think it's important to complete and turn things in on time?

Activity Ideas:

- If you have challenges completing assignments and activities on time, you might want to create a chart to encourage positive progress. Every time you complete an assignment or activity on time, put a star or other mark on the chart – when you reach a certain goal (e.g., completing 5 or 10 assignments on time), celebrate!
- If you consistently complete and turn assignments in on time, congratulate yourself on doing a good job!

Relevant Bible Verses:

- Psalm 90:12 – So teach us to number our days that we may get a heart of wisdom.

BE POLITE AND KIND!

Doing and saying polite and kind things – such as letting others get in line in front of you, opening a door for someone, or saying “Excuse me” – makes the world a better place!

Discussion Questions:

- Describe a situation in which someone was kind to you.
- Why is it important to be kind to others?

Activity Ideas:

- Brainstorm a list of different ways that you can be polite and kind to other people. Then start doing some of those actions!
- Brainstorm a list of polite and kind things that you can say to other people, then start saying those things! Also, learn how to say some of those polite words and phrases in a different language!

Relevant Bible Verses:

- Ephesians 4:32 – Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.
- Matthew 7:12a – So whatever you wish that others would do to you, do also to them.

LISTEN!
Listening is an act of goodness, both for ourselves and for whomever we are listening to! Listen to the Lord, and receive His guidance and love. Listen to nature, and be refreshed and inspired! Listen to others, and they will feel valued and appreciated.

Discussion Questions:

- How much time do you spend listening every day? If you spend a lot of time talking rather than listening to others during a conversation, you might be missing some valuable information and not giving others time to share things that are important to them. Try to listen more!
- Why is it important to listen to others?

Activity Ideas:

- Go outside and listen to all the sounds around you. Write down all of the different sounds that you hear. Is there anything that you heard that surprised you?
- Be quiet for an hour and listen to the Lord. (If being quiet for an hour is difficult for you, start with 10 minutes). Write down some of the things that the Lord says to you!

Relevant Bible Verses:

- Proverbs 19:20 – Listen to advice and accept instruction, that you may gain wisdom in the future.
- Matthew 11:15 – He who has ears to hear, let him hear.

SHARE!
Sharing is caring! You can share food, clothing, school supplies, time, invitations, ideas, and more!

Discussion Questions:

- Describe a time when someone shared something with you.
- Describe a situation when you shared something with someone else.

Activity Ideas:

- Write a list of different things that you can share with other people. Then start sharing those things!
- Take a look in your home, kitchen, room, or garage, and collect items that you can share with or give to others (e.g., gently used clothing, toys, canned foods).

Relevant Bible Verses:

- Hebrews 13:16 – Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.
- Acts 4:32 – Now the full number of those who believed were of one heart and soul, and no one said that any of the things that belonged to him was his own, but they had everything in common.

PAY ATTENTION TO INSTRUCTIONS – MAKE SURE YOU UNDERSTAND THEM, THEN FOLLOW THEM!
Following instructions can help save time, money, and energy!

Discussion Questions:

- Describe a time when you successfully followed instructions.
- Have you ever given instructions to someone else, and that person did not follow the instructions? Describe what happened.
- Why do you think it's important to follow instructions?

Activity Ideas:

- Be creative and make a list of instructions for something that you do on a regular basis. For example, you could create a list such as: "Instructions for How to Be a Good Friend" or "Instructions for How to Help Around the House."

Relevant Bible Verses:

- Psalm 32:8 – I will instruct you and teach you in the way you should go; I will counsel you with My eye upon you.
- Proverbs 11:14 – Where there is no guidance, a people falls, but in an abundance of counselors there is safety.

TAKE GOOD CARE OF YOURSELF, INCLUDING YOUR PHYSICAL, MENTAL, AND EMOTIONAL HEALTH!

You are important! Giving yourself proper nutrition, exercise, and positive attention is an act of goodness for yourself, and for those who care about you!

Discussion Questions:

- What are some ways that you are taking good care of yourself?
- What are some ways that you need to improve in taking good care of yourself?

Activity Ideas:

- Do some research about different ways that you can improve your health (e.g., eating nutritious foods, exercising, taking vitamins and minerals). Then start doing those things!
- Think about people you know who demonstrate good health, then ask them to describe their daily routines and regular practices that help them maintain good health.

Relevant Bible Verses:

- Romans 12:1 – I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.
- 1 Corinthians 6:19-20 – Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.

REST! GET A GOOD NIGHT'S REST, AND TAKE BREAKS WHEN YOU NEED TO DURING THE DAYTIME!

Your body and your mind need time to rest, repair, and recharge!

Discussion Questions:

- How do you feel when you get a good night's rest?
- How do you feel when you don't get a good night's rest?

Activity Ideas:

- Keep track of your sleep schedule for a week. How many hours of rest per night are you getting on average? Do some research and find out how much sleep is recommended for your age/demographic group, and make some adjustments if necessary.
- Take a rest day (Sabbath) one day each week, and notice how taking a weekly rest day affects your life.

Relevant Bible Verses:

- Psalm 127:2 – It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for He gives to His beloved sleep.
- Exodus 20:8-11 – Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. For in six days the Lord made the heavens and the earth, and the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.

SEEK TO UNDERSTAND OTHERS, INCLUDING THEIR ACTIONS AND PERSPECTIVES. DON'T BE JUDGMENTAL OR CRITICAL!

If someone does something that frustrates or bothers you, forgive and/or talk with them about the situation. Conflicts and hurt feelings often stem from misunderstandings that can be resolved.

Discussion Questions:

- Describe a time when you had a misunderstanding with someone else, but you were able to talk about and resolve the situation.
- Has anyone ever misunderstood your reasons or your motivation for doing something? How did that make you feel?
- Have you ever assumed that somebody did something for a certain reason, but then you found out that the person had a different reason for doing what they did? For example, maybe you thought the reason a person walked to school or work every day was because they didn't have a car, but then you learned that the person was trying to improve their physical health. How does knowing that our thoughts and perspectives about other people are not always right impact the way that you think about other people?

Activity Ideas:

- Ask the Lord to show you if there are any people or any areas in your life that you have incorrect thoughts, opinions, or perspectives about. Be willing to change your thoughts!

Relevant Bible Verses:

- Proverbs 3:5 – Trust in the Lord with all your heart, and do not lean on your own understanding.

ASK QUESTIONS. EXPAND YOUR LEARNING AND UNDERSTANDING!
Asking questions increases your understanding about the world around you, and shows people that you are interested in what they are saying.

Discussion Questions:

- What is something interesting that you have learned recently (or in the past) by asking questions?
- What are some questions that you would like to find the answers to?

Activity Ideas:

- Write down questions that you would like to find the answers to, then do some research to find answers to your questions! You may want to do some research online, read books from a library, or interview people to find out the answers to your questions!

Relevant Bible Verses:

- Proverbs 25:2 – It is the glory of God to conceal things, but the glory of kings is to search things out.

TEACH SOMETHING TO SOMEONE ELSE!
Teach others what you know, or know how to do! Acquiring new information and skills can help broaden people's horizons and increase their self-confidence!

Discussion Questions:

- Describe a time when someone taught you some interesting information, or taught you how to do something.
- Describe a time when you taught someone else some information about a particular topic, or taught them how to do something.

Activity Ideas:

- Make a list of all the things that you can do or topics that you know something about, then teach those skills and information to other people!

Relevant Bible Verses:

- Proverbs 22:6 – Train up a child in the way he should go; even when he is old he will not depart from it.
- Deuteronomy 6:6-7 – And these words that I command you today shall be on your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise.
- 1 Corinthians 14:26 – What then, brothers? When you come together, each one has a hymn, a lesson, a revelation, a tongue, or an interpretation. Let all things be done for building up.

RESPECT!
Respect people, including their time and feelings! Respect places and materials – handle things with care!

Discussion Questions:

- Describe a time when someone demonstrated respect to you, or treated something that belonged to you with respect.
- Why do you think it is important to demonstrate respect to people, materials, and places?

Activity Ideas:

- Create a poster, flyer, t-shirt, or public service announcement encouraging others to demonstrate respect!
- Make a list of songs that feature the themes of respect and/or honor.

Relevant Bible Verses:

- Romans 12:10 – Love one another with brotherly affection. Outdo one another in showing honor.
- Romans 13:7 – Pay to all what is owed to them: taxes to whom taxes are owed, revenue to whom revenue is owed, respect to whom respect is owed; honor to whom honor is owed.

VOLUNTEER!
Volunteers do things willingly, particularly to benefit others. Find a great community service organization whose mission you believe in, and volunteer your time and skills! Or volunteer to help a family member, friend, or someone you know with a project that's important to them!

Discussion Questions:

- Have you ever volunteered for an organization or at an event? Describe the experience.
- Why do you think it is important to volunteer for worthwhile organizations, projects, or events?

Activity Ideas:

- Make a list of valuable community service organizations in your area, and find out what kinds of volunteer help they need. Then volunteer when you can! You might want to consider volunteering with a friend or a group of people!

Relevant Bible Verses:

- Isaiah 58:10 – If you pour yourself out for the hungry and satisfy the desire of the afflicted, then shall your light rise in the darkness and your gloom be as the noonday.
- Colossians 3:23-24 – Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward.

SOLVE A PROBLEM!
Create a solution for a problem or situation that you are concerned about.

Discussion Questions:

- What are some problems in your community (nation, neighborhood, or home) that you are concerned about?
- What are some potential solutions for the problems you are concerned about?

Activity Ideas:

- Select a problem in your community (nation, neighborhood, or home) that you are concerned about, and brainstorm possible solutions for that problem. Determine what steps you can take to help solve the problem, then take action!

Relevant Bible Verses:

- James 1:5 – If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given to him.

ENCOURAGE SOMEONE!
Think about someone who might need a little motivation, joy, or hope, then encourage that person to live their best life!

Discussion Questions:

- Describe a time that someone encouraged you.
- Describe a time that you encouraged someone else.
- What are some ways that you can encourage people (including yourself)?
- Why is it important to encourage people (including yourself)?

Activity Idea:

- Make a list of people who need encouragement, then start encouraging them!
- Write a list of ways that you can encourage other people of all ages (sending a card, calling or sending an encouraging text message, offering to run an errand for someone while they work on a special project, and so on). Then you'll be ready to encourage others in practical ways when opportunities arise!

Relevant Bible Verses:

- 1 Thessalonians 5:11 – Therefore encourage one another and build one another up, just as you are doing.

BE HAPPY (REJOICE, CELEBRATE)!
What are some things, people, or places that make you happy? Think about all of these, and rejoice!

Discussion Questions:

- What are some things, people, or places that make you happy? Why do these things, places, or people make you happy?

Activity Ideas:

- Make a collage board showing the things, people, and places that make you happy! You might want to use magazine pictures, photographs, illustrations, or words to share what makes you happy – be creative!
- Interview a family member, friend, or neighbor about the things, people, and places that make them happy. How are their thoughts similar to and different from your own?

Relevant Bible Verses:

- Philippians 4:4 – Rejoice in the Lord always; again I will say, rejoice!
- Philippians 4:8 – Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

USE YOUR GIFTS AND TALENTS!

Everyone has certain gifts and talents. When we use our gifts and talents, we experience joy and we make the world a better place!

Discussion Questions:

- What are some of your gifts and talents? If you are not sure, ask someone who knows you to describe what you are good at doing.
- What are some gifts and talents that you would like to improve or increase your level of expertise in? How can you improve your level of expertise in these areas?

Activity Ideas:

- Use your gifts and talents! If you are good at drawing, then draw! If you are good at building things, then build!

Relevant Bible Verses:

- 1 Peter 4:10 – As each has received a gift, use it to serve one another, as good stewards of God's varied grace.
- Romans 12:4-6a – For as in one body we have many members, and the members do not all have the same function, so we, though many, are one body in Christ, and individually members one of another.
- 1 Corinthians 12:4-7 – Now there are varieties of gifts, but the same Spirit; and there are varieties of service, but the same Lord; and there are varieties of activities, but it is the same God who empowers them all in everyone. To each is given the manifestation of the Spirit for the common good.