

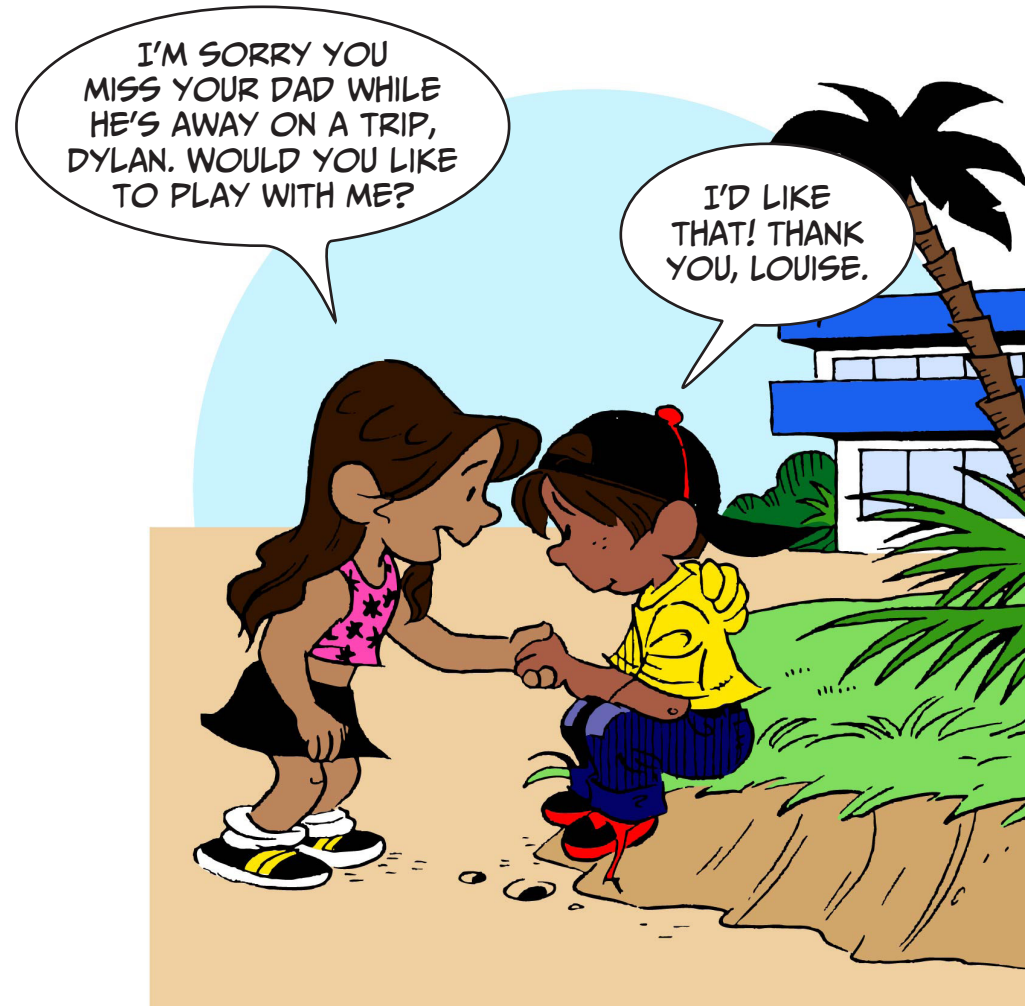
# ONE KIND DEED AT A TIME CHEER UP SOMEONE WHO IS SAD

If your friend is sad because of something that has taken place, look for a way to cheer your friend. Perhaps there is something that your friend enjoys that will bring happy thoughts again. Your act of kindness can make a wonderful difference to your friend!

**"DEAR CHILDREN, LET'S NOT MERELY SAY THAT WE LOVE EACH OTHER; LET US SHOW THE TRUTH BY OUR ACTIONS" (1 JOHN 3:18 NLT).**

## Kind deed ideas:

- Cheer up a friend by making a card or craft to show them how much you care.
- If your mom or dad is having a difficult day, be sure to show lots of love with hugs and kisses.
- Include a friend who may be sad or lonely in your activities.



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