Goal
Small actions done with great love can change the world! This lesson will help the students to realize the big impact small acts of love and kindness can make to create a better world for everyone.

Materials
- photocopied pages
- crayons or colored pencils

Lesson
1. Have the children gather in a circle on the floor.
2. Play and sing the song, “This Little Light of Mine”. If space allows, have the kids follow along with the dance moves.

3. Explain that God’s love is inside of each one of us and, as we go through the world we bring his love and light to those in need of cheering up.

4. Ask for examples of times that people in their lives have needed cheering up. Some examples might be when someone they know got hurt or when mom or dad were sick. Depending on the age of the students, you might ask questions about people in the world they may have seen who need cheering up—homeless person, someone in the hospital, someone in a poor country.

5. Remind the children that sometimes we feel helpless to make people feel better because their hurts are too big. But, that God has given each of us the ability to share mercy with those in need, even just through sharing a smile or a kind word. Though they are small, their kind actions are not small and can have a huge effect.

Watch
The children will watch the story of Noah. At a time when everyone seemed to be doing wrong in the world, Noah loved God and did good things. God showed mercy to Noah by saving him and giving the world a brand new start.

Discuss how even one person doing good in the world, and listening to God, can cause great change for good and can spread kindness and peace.

Discussion
Lead students in a discussion of some things that they could do to spread God’s love in the world and help those in need in their families or neighborhoods.
Possible lead-in questions:

- What kinds of things do you do in your home to be helpful?
- Have you ever seen someone who needed some help? What did you do?
- Have you ever seen someone sad? What did you do to cheer them up?

Activity

1. Talk simply with the children about the Corporal and Spiritual Works of Mercy.
2. Tell them these are ways that they can help others who need help for their bodies or for their souls.
3. Explain that sometimes someone needs something to eat to make them feel better and sometimes they need a friend to smile at them. In either instance, sharing God’s love and mercy will make that person feel better, and soon the whole world will be happier.
4. Have the children color the sheets on the different works of mercy.
5. Pray the prayer below with the children to ask God to help us share mercy.

Prayer:

Hold my hand, God. Be with me every day.

When I see someone who needs my help or just a smile to bring them joy,

Be with me so that they will see You in my kindness.

Amen

Lesson adapted from the plans on the Archdiocese of Los Angeles Office of Life, Justice and Peace website