What does the Lord require of us? To do justice, love kindness, and walk humbly with God. These words in Micah 6:8 sound simple, but they are packed with deep meaning and enormous challenges for us to put our faith into action and become “do-ers” of the Word rather than just hearers only. (James 1:22) The prophet Isaiah also challenges us to put our faith into action when he urges us to stop our finger pointing and get busy with the feeding of the hungry and caring for those in need. Isaiah 58:6-12 is truly a passage of challenge and promise as it reminds us of God’s presence in our every action (“you shall cry for help, and God will say, ‘Here I am’…..and you shall be like a watered garden, like a spring of water, whose waters never fail.”) Throughout Jesus’ life and ministry, he modeled for us the kind of actions that God requires of us. Actions born not out of obligation, but from a deep sense of love and gratitude for the marvelous love God first showed to us in the gift of God’s only Son who came into the world for our salvation.

For children, putting their faith into action comes easily. From the time they are very young they are taught to share, to take turns, and to be kind to others. When they are shown unconditional love, they are taught to love others unconditionally. When they are treated fairly and justly, they learn to treat others fairly and stand up to injustice.

What a marvelous opportunity we have to learn alongside our children as we translate the basic teachings of Jesus and the prophets into actions that speak much louder than words. This curriculum is designed to give opportunities to learn about some of the injustices that exist in our world and ways that we can make a difference in the lives of others by simply DOING THE WORD!

How can this curriculum be used?

Flexibility is the key word for this curriculum!

Consider which of the following options might fit your audience and let the Spirit be your guide as you plan:

• A 3 1/2 hour intergenerational event using “book stations” where participants can read a book, discuss the issues raised in the book and then put their faith into action using one of several response activities.

• A weekend retreat for families where time for the “book stations” is spread out throughout the weekend to allow more time for the response activities and service projects that connect to the community in which you live.

• A series of five sessions offered during a Sunday or mid-week time slot. When used in this format, the gathering and departing activities could be duplicated each week with one book highlighted as the focus for the week. This use would also allow for better connections with ongoing ministries who could serve as additional resources for content and service projects.

• Around the World VBS. The stories in this curriculum come from the USA, Mexico, Honduras, and Kenya. Adding additional resources from each country will help children make global connections.
Session Quick View
A quick look at what’s happening in this session and what you’ll need to gather to make it all work!

The Community Gathers
- Create a Community Art Project using handprints.
- Sing and move to the song, “Shake a Friend’s Hand.”
- Worship together with words of scripture and inspiration.
- Pray together offering abilities, talents, and selves to God.

The Community Explores and Responds
Participants rotate between 5 book stations to:
- Read a book and scripture together
- Respond to questions about the book
- Respond to the issues presented in the book by putting faith into action through a variety of service projects.

Book Stations include:
- **Each Kindness** - discovering the power of the ripple effect and making Kindness Bookmarks to inspire others.
- **Wangari’s Trees of Peace** - planting tree seedlings and making a plan for a community tree planting
- **Cups Held Out** - making a “Least of These” bank for individual monetary collection and assembling “Blessing Bags” to share with those who are homeless.
- **The Good Garden** - starting individual container gardens, planning a community garden, and connecting with gleaning opportunities.
- **The Lunch Thief** - creating weekend food bags for school children living with food insecurity and setting up a food drive for a local feeding ministry.

The Community Departs
- Celebrate the community art project, books, and activities of the session.
- Sing and move to the song, “Shake a Friend’s Hand.”
- Exchange a handprint with someone else. Take it home as a token to use as a reminder to pray for that person each day.

Things You’ll Need

**Gathering**
- Art supplies chosen from the lists on page 2.
- Music to “Shake A Friend’s Hand”

**Exploring**
- Books listed on pages 3-7.
- Station Signs - copy pages 3-7 on cardstock to create station signs.
- Bibles in each station

**Responding**
- Each Kindness - bowl of water, small stone, sample paint strips, permanent markers, hole punch, ribbon
- Wangari’s Trees of Peace - tree seedlings, medium size pots, potting soil, water, large craft sticks
- Cups Held Out - cups with lids, markers, coins, containers, zippered plastic bags, non-perishable food items, toiletry items, notes of inspiration
- The Good Garden - garden pots, vegetable seeds/plants, soil, water
- The Lunch Thief - food items for a food drive

**Departing**
- Handprints from Gathering activity

Written for Storypath by Krista B. Lovell, CCE
The Community Gathers
Begin your session with a time of community fellowship that includes an art project, some singing together, and a time of worship that celebrates the many gifts we bring to God as begin DOING THE WORD!

Before the session begins....
**CHOOSE A BACKGROUND**
for your community art project.
You will want to consider the size of your group, age of participants, space limitations, supplies needed, timing and future home (“what will we do with it when it’s finished?”) as you decide.

**Background options include:**
- **Paper** - bulletin board paper comes in a variety of colors and can be cut to any size. Fold the edges down on all sides and tape with clear packing tape to create a strong border that will help hold it’s shape. Heavy duty brown paper (from your local hardware store) is another good option for a more “earthy” look especially when combined with more natural colors of paint, fabric, or paper.
- **Fabric** - a sturdy fabric, such as duck cloth, can provide for an excellent banner. Stitch a rod pocket at the top, insert a wooden dowel or drapery rod, add roping and hang.
- **Canvas** - with the large variety of sizes available in stretched canvas, this background can handle a variety of art mediums.

Before the session begins....
**CHOOSE AN ART MEDIUM**
and gather the materials listed for that option
You will want to consider the size of your group, age of participants, space limitations, supplies needed, “messy factor,” and time allotment as you decide.

**Art Medium options include:**
- **Giant inkpads** containing washable ink - press hand firmly on pad, lift, press hand down firmly on paper or canvas to create print. **Supplies needed:** ink pads, wet wipes, paper towels
- **Sponges saturated in washable paint** - press hand lightly on sponge, lift, press hand lightly on paper towel to remove excess paint then press hand down on paper or canvas. **Supplies needed:** sponges, washable paint, wet wipes, paper towels
- **Paintbrush** - paint hand using a paintbrush then press down on paper or canvas. **Supplies needed:** paint brushes, washable paint, wet wipes, paper towels
- **Paper cutouts** - trace hand on colored paper or scrapbook paper or wallpaper samples, cut out, tape/glue onto large piece of paper or canvas to create a picture. **Supplies needed:** color paper, wallpaper samples, scrapbook paper, pencils, scissors, glue
- **Fabric** - trace hand on the smooth side of a fusible product (such as “Wonder Under”). Iron onto the back side of a piece of fabric following the directions on the product. Cut out hand. Peel off paper backing. Iron hand on background fabric, paper, or canvas. **Supplies needed:** Wonder Under or other fusible interfacing, pencils, variety of fabrics, fabric scissors, iron, ironing board, extension chord

Practice with a variety of techniques and choose the best one for your group.

As participants arrive, greet them, offer them a nametag, and invite them to create TWO handprints (one to be added to a community art project and one to be set aside for the Depart activity) using one of the art mediums listed above. (supplies needed come from the lists above + a nametag for each participant.)

**Opening song** - When most or all of the participants have arrived and had a chance to make their handprints, gather everyone and sing a very active opening song, “Shake A Friend’s Hand” (aka “Ha-la-la-la” ) (Originally found on the Psalty Kid’s Praise 2 album, the words, music, and even a YouTube version can be found on the internet!) Invite the group to add their own verses as a fun way to get to know each other.

**Opening Worship** - Invite the group to gather in a large circle for a time of worship. Using the words and scripture offered on page one of this curriculum, set the tone for the session and invite the participants to think about how they can live out their faith by DOING THE WORD. Offer a prayer dedicating this time to God and invite the participants to say their name as a resounding AMEN.

**Set the stage for the session’s activities** by explaining the book stations you have set up. Divide the group into smaller groups (either randomly or self-selected) and invite them to spend time at each of the stations. Set a time limit for each station depending on your overall time frame and the size of your group and scope of the service projects you have selected. If you have invited guests from mission agencies represented, be sure to introduce them to your group.

Written for Storypath by Krista B. Lovell, CCE
Maya is the new girl in Chloe’s class and she wants to make friends. But Chloe isn’t interested in new friends, especially ones who look ragged and dress in second-hand clothes.

Read together *Each Kindness* by Jacqueline Woodson to see how our actions or in-actions make a difference in the lives of others.

As the teacher drops a stone into the bowl of water, she says, “This is what kindness does; each little thing we do goes out, like a ripple, into the world.” The apostle Paul was constantly encouraging the new Christians to “be kind to one another…live in love, as Christ loved…” (Ephesians 4:32-5:2) and even named kindness as a fruit of the Spirit (Galatians 5:22-23) and part of our “holy clothing” (Colossians 3:12-14).

**Faith Talk Questions for your group**
1. Why do you think Chloe and her friends didn’t want to include Maya in their circle?
2. How would you have been a friend to Maya? How would you have been a friend to Chloe?
3. How can you avoid the hard lesson that Chloe learned? Where do you see opportunities for kindness and practice showing kindness to others? (I John 3:18)

**1. Discover the Ripple Effect**

*Supplies needed: bowl of water, small smooth stone*

Gather around a bowl of water and practice the teacher’s lesson. Drop a stone into the water and watch the ripples. Let each person drop a stone into the water and tell one thing he/she has done to show kindness. As each person tells something, the group can affirm their actions by saying “we love, because God first loved us.” (I John 4:19)

**2. Random Acts of Kindness Bookmarks**

*Supplies needed: paint sample strips, permanent markers, hole punch, colorful ribbon*

Sometimes all people need to be kind is a simple reminder. Create handmade bookmarks with kindness quotes and/or Bible verses on love on them to give to people as a reminder of the importance of kindness, and to inspire them to do their part in making the world a better place!

**Brainstorm a list of “kindness quotes” and Bible verses** to use in creating your bookmarks.

For example:
*Be kind whenever possible. It is always possible. —Tenzin Gyetso, 14th Dalai Lama
*Never look down on anybody unless you’re helping him up. —Jesse Jackson
*Treat everyone with politeness, even those who are rude to you — not because they are nice, but because you are.
*You cannot do a kindness too soon, for you never know how soon it will be too late. —Ralph Waldo Emerson
*Take time and enjoy the simple things in life.
*You are loved.

Create bookmarks to keep or give away to inspire kindness.

- Paint sample strips make colorful bookmarks! Ask your local hardware or paint store for a variety of colors and sizes!
- Write inspirational sayings and/or Bible verses on the strips using permanent markers.
- Punch a hole in the top of each strip and add a colorful ribbon.
Wangari’s Trees of Peace:
A True Story from Africa
by Jeanette Winter

Wangari Maathi was a young girl in Kenya who wanted to make a difference in her community.

Read *Wangari’s Trees of Peace* by Jeanette Winter to find out how.

In the beginning, God created…. heavens, earth, light, darkness, plants, animals, and humanity…and it was “supremely good” (Genesis 1:1-31 CEB). A perfect world, in harmony with itself and created to be in perfect harmony with God, the Creator. The Psalmist affirms this perfect creation declaring, “The earth is the Lord’s and the fullness thereof.” (Psalm 24:1) and goes on to speak of the delicate balance in all of life that was created (Psalm 104). So what is our role in the “keeping of creation?”

**Faith Talk Questions for your group**

1. Wangari saw a need and worked to create a solution that began small and grew. It took patience, persistence, and commitment. How can these three values serve as an inspiration in your life?
2. Wangari began her work alone but soon got others involved in solving the problem of deforestation by asking them to join her in planting seedlings. How can you engage others in helping find solutions to needs in your community?
3. Wangari was concerned with protecting the earth that God created. How do you work to protect and care for God’s earth?

"I will be a hummingbird; I will do the best I can"

Professor Wangari Maathai tells the story of a small hummingbird who worked hard to put out a raging forest fire by filling his beak with water and throwing it on the fire. Shamed by the hummingbird’s valiant efforts, the other animals in the forest soon joined in and before you know it, the fire was put out! Working together to help our environment may seem to be too big to tackle on our own, but when we work together we can make a huge difference in our world.

1. **Plant a tree seedling.**
   
   *Supplies needed: tree seedlings, small pots, potting soil, water, large wooden craft sticks*

   Fill a medium-sized pot 1/3 full with potting soil. **Add a tree seedling** and fill in remaining space with more soil. **Water** thoroughly and set in a sunny spot. **Make a promise stick** by writing the words “I will do the best I can” on a craft stick and sticking it into your pot. **Care for your tree seedling** by keeping it watered and sturdy until it reaches a good size. **Transplant** the seedling from your pot to a spot in your yard appropriate for your climate and growing season.

2. **Plant a tree or trees in your community.**

   *Join the I am a hummingbird* International Tree Planting Campaign to honor the memory of Wangari Maathi by planting trees in your yard, church grounds, or community.

   **Contact your church or community leaders** to find out where you can plant a tree. Make a pledge to water, weed, and care for the tree seedling as part of your efforts. Determine a plan for planting - where, how many, etc. **Consult a tree expert** to determine which type of tree would be suitable for growing in your climate and soil.

   **Plan a tree planting event.** Gather the needed supplies and people to plant a tree or trees in the area you’ve planned for. When the trees are planted, gather together for a time of prayer to dedicate your efforts to God our Creator.

Learn more...

Visit www.greenbeltmovement.org to learn more about Wangari’s story and her work and how you can Become a Hummingbird.

Search YouTube to find interviews with Wangari and learn more about this amazing woman and her story.
A young girl and her father cross the border into Mexico where she encounters poverty for the first time. Her father admits his own struggles to find an appropriate response to the poverty that exists so very close to their home.

Read together *Cups Held Out* by Judith L. Roth to see what she saw.

Jesus was often surrounded by beggars and told his disciples, “the poor will always be with you.” (Matthew 26:11) When confronted by the roadside beggar outside the city of Jericho, Jesus stopped to talk with the man asking, “What do you want me to do?” (Luke 18:35-43) Jesus was often moved with compassion for the poor, the sick, and those who had been treated unjustly. Serving as a model for those today who want to engage in meaningful mission, Jesus shows us how to stop and take time to reach out to those in need with God’s love that can transcend any barrier that threatens to divide.

**Faith Talk Questions for your group:**
1. Have you ever encountered someone asking for money on the street? What did they look like? What did they say to you? How did you respond?
2. Consider some of the reasons people may find themselves in need: a lost job, a dangerous home situation, an unexpected illness or injury, or other changes in life circumstances. How can you be sensitive to the situations that cause people to become homeless or hungry?

### 1. Make a “LEAST OF THESE” Bank

**Supplies needed:** Bible, cup with a lid, permanent marker, coins

**Secure a cup with a lid** that will sit on your kitchen table as a reminder of those who are hungry and thirsty. **Write the words** “LEAST OF THESE” **on the side or lid of the cup** along with the scripture reference of Matthew 25:40 as a reminder of Jesus’ words.

**Decide how much money** you will put in the cup each time you eat a meal or drink a cup of soda. (2 cents? 5 cents? 10 cents?) and watch as your cup fills to the brim with money that you can give to a local feeding ministry in your church or community.

**Say a prayer for those who are hungry** each time you place money in your cup.

### 2. Create Blessing Bags to carry in your car

**Supplies needed:**
- clear zipper-style freezer bags (quart or gallon size)
- Non-perishable food items: pop-top canned meat and fruit, granola bars, peanut butter crackers, bottles of water and/or toiletry items: toothpaste & brush, comb, soap, deodorant

**Fill a clear, re-useable, zipper-style bag** with food and toiletry items to carry in your car to give out to people you encounter who are hungry, homeless, or begging for food.

**Add a small card** that offers a blessing, good word of kindness, inspiration or Bible verse such as: “You are loved” “God is love” “May your day be filled with sunshine from above”

### 3. Make Blessing Bags for your congregation or a local homeless ministry.

Using the idea above, **create a large number of Blessing Bags** to give to members of your church or a local ministry that is working as a homeless shelter or domestic violence shelter.

**Visit www.endhomelessness.org** to learn more about homelessness in America and how you can get involved in making a difference.
Eleven-year-old Maria Luz and her family live on a small farm in Honduras. This year their crop is poor, and they may not have enough to eat or to sell for other essentials, such as health care, school uniforms and books. When Maria’s father must leave home to find work, she is left in charge of their garden.

Read *The Good Garden* by Katie Smith Milway to find out how Maria does.

Jesus had much to say about feeding the hungry and treating the poor with respect and fairness. He was moved with compassion on the hillside when he told his disciples to find food to feed the 5,000 gathered there (Matthew 14:13-21) and drove home his point about caring for others in Matthew 25:35-30 when he said, “Just as you did it to one of the least of these who are members of my family, you did it to me.”

**Faith Talk Questions for your group:**

1. Maria’s family depended on their garden to produce enough food to feed their family. Imagine you lived in a family like Marías. How much food would you have to grow in a garden to feed your family? How much land would it take? Who would do the work required to tend the soil and help the garden grow?

2. There are many people living in the world who don’t have enough food to feed their families and they depend on the kindness of others to help them survive. How are the food insecure families cared for in your community? What can you do to help others who are living with food insecurity?

**Let’s Talk**

1. **Start your own container garden.**
   - **Supplies needed:** medium size pots and/or containers, small trowels, vegetable seeds or plants, potting soil, water, craft sticks
   - Many vegetables can be grown in pots and other containers that sit above ground, take up less space, and provide flexibility for gardeners in tight spaces. In many urban settings, unconventional gardening containers (such as tubs, old dresser drawers, sinks, and even shoes) have been used to grow food for hungry people. Almost anything that holds dirt and can be adapted to provide drainage can be used to grow food! **Invite a vegetable garden expert** to help you with this project suggesting types of plants to consider and size of pots needed to start your own container vegetable garden.
   - **Fill containers** with soil. **Plant** seeds or small food plants in the containers. **Label** plants by using craft sticks. **Water** well and set in the sun to grow. **Care** for plants according to the directions given for each type of vegetable (i.e., Tomato plants will need support for the plant while vine plants such as squash and cucumbers will need to be tied to a stick or support to help them and grow more efficiently.)

2. **Start community garden**
   - **Talk with your church leaders and/or community leaders** to find out how a community garden could benefit the community in which you live. One church plowed up part of its front lawn to plant a garden and invited the community to come and participate in a cooperative gardening project that would benefit those in the community who were living with food insecurity. **Brainstorm ideas** for where the garden could be, who would maintain it, how the food would be distributed, etc. **Make a plan and gather a group of people together to put your plan into action!**

3. **Volunteer to glean**
   - Learn more about the gleaning opportunities in your area through the Society of St. Andrew website. You could help glean, help bag gleaned produce, and/or host a gleaning opportunity for your church!
The Lunch Thief
by Ann C. Bromley

Someone is stealing lunches from the children in school and Rafael knows who it is – the new kid named Kevin. Rather than start a fight or call Kevin out, Rafael chooses to find out why. Read together The Lunch Thief by Ann C. Bromley to see why Kevin is stealing.

Let’s Talk

Faith Talk Questions:
1. What do you know about the ministries in your community that are helping to feed the hungry and house the homeless? What can you do to help?
2. How can you show compassion to someone in need that preserves their dignity and helps build a foundation for friendship?
3. Read Matthew 25:35-40. How should Jesus’ words influence the way you treat people in need?

Let’s Do

1. Become a Back Pack Buddy with a local school by providing weekend bags of kid-friendly foods that can be discreetly slipped into the backpack of a child living with food insecurity. Many times these children are "on their own" over the weekend while parents are working to provide for their family.
   (Supplies needed for each bag: 2 pop-top cans of soup with meat or a canned meal (like spagettios), 2 pop top cans of fruit or fruit cups, 2 individual sized boxes of cereal or cereal bars, 2 shelf-stable milk or juice boxes, 6 healthy snacks (granola bars, pretzels, Teddy Grahams, Sun Chips, raisins, peanut butter crackers) large sturdy brown lunch bags or clear, gallon-size zippered bags)
   Contact a local school to learn how many bags the need.
   Gather food items and pack the bags offering a prayer for the children who will be fed.
   Deliver the filled bags to the school for a Friday distribution.

2. Host a Food Drive for a local feeding program in your community
   (Food banks, soup kitchens, food pantries, local schools who are providing weekend food bags)
   Supplies needed: list of food items most needed, bags/boxes to use in sorting food, shelf-staple foods
   Connect with a school, local organization, or church group who is working on the front lines to help feed hungry people and find out what they need to help with their ministry.
   Be sure to ask "how can I help?"
   Pray for the ministry that you will be helping.
   Publicize what food is needed and who will be receiving the donations.
   Set a time and place for people to bring their donations.
   Pray for those who will be giving from their heart.
   Collect and sort the food items donated and deliver them to the organization.
   Pray for the people who will be served by your efforts.
   Continue to be involved in feeding hungry people and look for additional ways you can help those in need in your community.
As participants gather for a time of closing, invite them to celebrate their time together by reviewing the things they have enjoyed in this session (the community art project, books, service projects and community connections with agencies who are working on the front lines for social injustices.)

Closing song - Gather everyone around and reprise the very active opening song, “Shake A Friend’s Hand” (aka “Ha-la-la-la”) (Originally found on the Psalty Kid's Praise 2 album, the words, music, and even a YouTube version can be found on the internet!) Invite the group to add their own verses as they celebrate the old friendships rekindled and the new friendships formed. Add a final verse...“Share a friend’s hand” and invite participants to exchange the individual handprints they made in the Gathering Time. Encourage participants to keep exchanging handprints as they sing and move around the room until the song ends.

Closing Worship - Invite the group to gather in a large circle for a time of closing worship. Read the words of Paul found in Colossians 3:12-17. Offer a prayer giving thanks to God for this time together and asking God to lead each participant in word and deed that is done in the name of the Lord Jesus.

Benediction and Charge - Invite each participant to take the handprint of another participant home and pray for that person each day asking God to be present with him/her in all that he/she does in word and deed. End your time together by challenging each participant to DO THE WORD as they leave this place by becoming an ACTIVE disciple in their church, community, and world for the needs of others.
Books used in this curriculum


“Oldies but Goodies” and other books to consider

**Beatrice’s Goat** by Page McBrier. (for Heifer International) Aladdin, 2004

**Benjamin Brody’s Backyard Bag** by Phyllis Vos Wezeman. Brethren Press, 1991

**Faith the Cow** by Susan Bame Hoover. (for Heifer International) Brethren Press, 1995

**God’s Dream** by Archbishop Desmond Tutu. Candlewick Press, 2008

**Grandpa’s Hammer** by Ronald Kidd. Habitat for Humanity, 1997


**This Child, Every Child** by David J. Smith, Kids Can Press, 2011

**Whoever You Are** by Mem Fox. HMH Books for Young Readers, 2006

**Wilfrid Gordon McDonald Partridge** by Mem Fox. Kane Miller Books, 1989
Making Connections with ongoing ministries and organizations...

www.citizenkidcentral.com
CitizenKid Central is designed to help you to explore global issues with children at home, in school or in groups. We take complex issues and make them kid-sized, with overviews and fast facts. Then we give you the tools to explore the issues in more depth. Videos, books, a look at how other kids have gotten involved and suggestions for inspiring your child or children to become better global citizens — it’s all here at CitizenKid Central. We have curated content from a variety of authoritative sources so you can be sure the content is kid-appropriate and reliable. CitizenKid Central is brought to you by Kids Can Press, a trusted and award-winning publisher of children's books for more than 35 years. It was made possible with the support of the Ontario Media Development Corporation.

www.endhunger.org
The Society of St. Andrew is a gleaning ministry that matches farmers with volunteers who want to help feed hungry people. As crops are harvested, farmers bring the “leftovers” to a site where volunteers can bag the food and get it ready for food pantries to distribute.

www.feedingamerica.org
Through their nationwide network of Food Banks and feeding programs, Feeding America is working on the front lines to get food to those in need in this country. Discover the facts on hunger in the US, ways you can become involved, and more.

www.greenbeltmovement.org
The Green Belt Movement (GBM) is an environmental organization that empowers communities, particularly women, to conserve the environment and improve livelihoods. GBM was founded by Professor Wangari Maathai in 1977 under the auspices of the National Council of Women of Kenya (NCWK) to respond to the needs of rural Kenyan women who reported that their streams were drying up, their food supply was less secure, and they had to walk further and further to get firewood for fuel and fencing. GBM encouraged the women to work together to grow seedlings and plant trees to bind the soil, store rainwater, provide food and firewood, and receive a small monetary token for their work.

www.habitat.org
Habitat for Humanity is a nonprofit, ecumenical Christian ministry founded on the conviction that every man, woman and child should have a decent, safe and affordable place to live.

www.heifer.org
Heifer International’s mission is to empower families to turn hunger and poverty into hope and prosperity — but our approach is more than just giving them a handout. Heifer links communities and helps bring sustainable agriculture and commerce to areas with a long history of poverty. Our animals provide partners with both food and reliable income, as well as agricultural products such as milk, eggs and honey which can be traded or sold at market.

www.randomactsofkindness.org
The Random Acts of Kindness Foundation is dedicated to inspiring people to practice kindness and pass it on to others. Their website is full of ideas, stories of kindness, lesson plans, and resources for sharing kindness in simple and meaningful ways.

www.souperbowl.org
Began by a Presbyterian youth group, the Souper Bowl of Caring movement has spread across the nation and denominations to raise money and food for the hungry. All donations are kept in local communities.