

Lightbearers Activity: My Little Way Deeds Jar

■ Focus: Mercy, kindness, and doing small things with love

■ Age Group: 6–7 (Lightbearers)

What You Need:

- A small plastic cup or recycled jar (one per child)
- Strips of colored paper
- Crayons or markers
- A label that says: "My Little Way"

What to Do:

1. Decorate the jar: Let the children color and tape on their 'My Little Way' label with flowers or hearts.

2. Talk about St. Thérèse's Little Way:

"She loved Jesus by doing small, loving things — helping, smiling, saying sorry. Let's try to do the same."

3. Write simple deeds on paper strips:

They can choose from a list or make their own:

- Say a kind word■ - Help without being asked■ - Forgive someone■ - Pray for someone■ - Smile at

4. Each day this week:

They pull a deed from their jar, do it, and put it back with a heart drawn on it.

Optional Group Version:

Use one big 'Class Jar' and share kind deeds during circle time:

"Today I smiled at my brother when he was sad — that was my Little Way."