

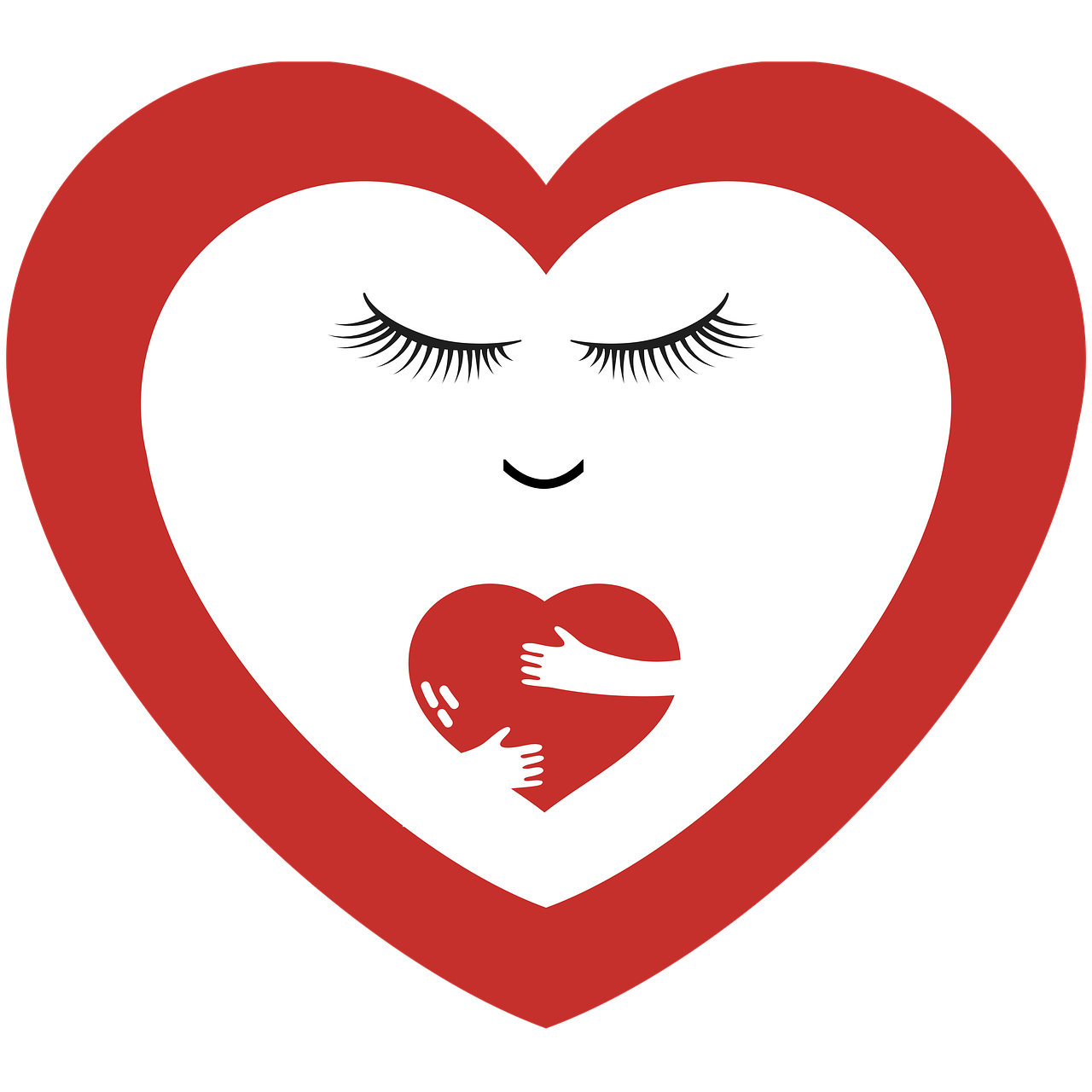
**Heart Jump Activity**

**Hearts for**

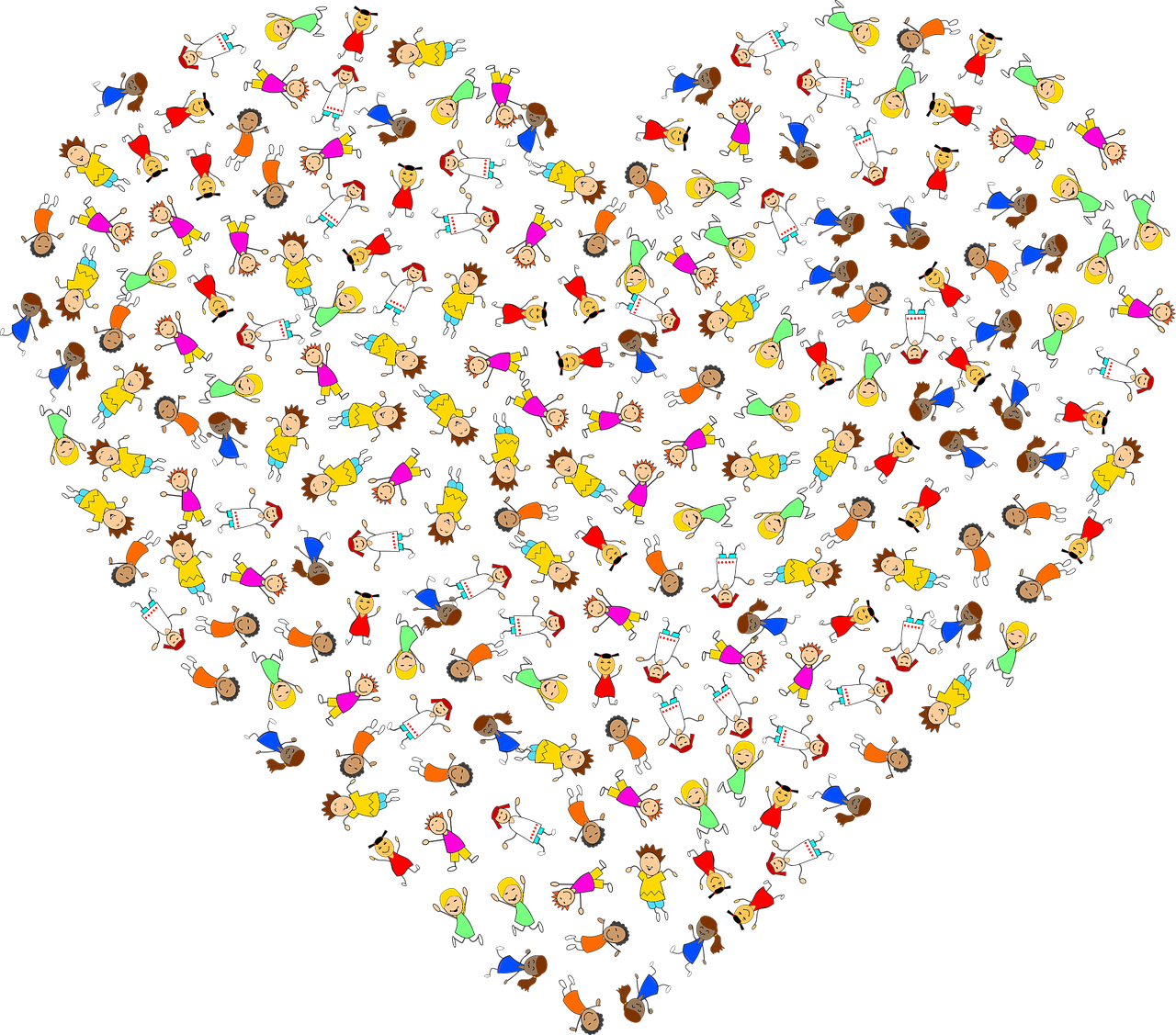
***Kindness Begins with Me, p. 145***

**Heart Jump Activity**

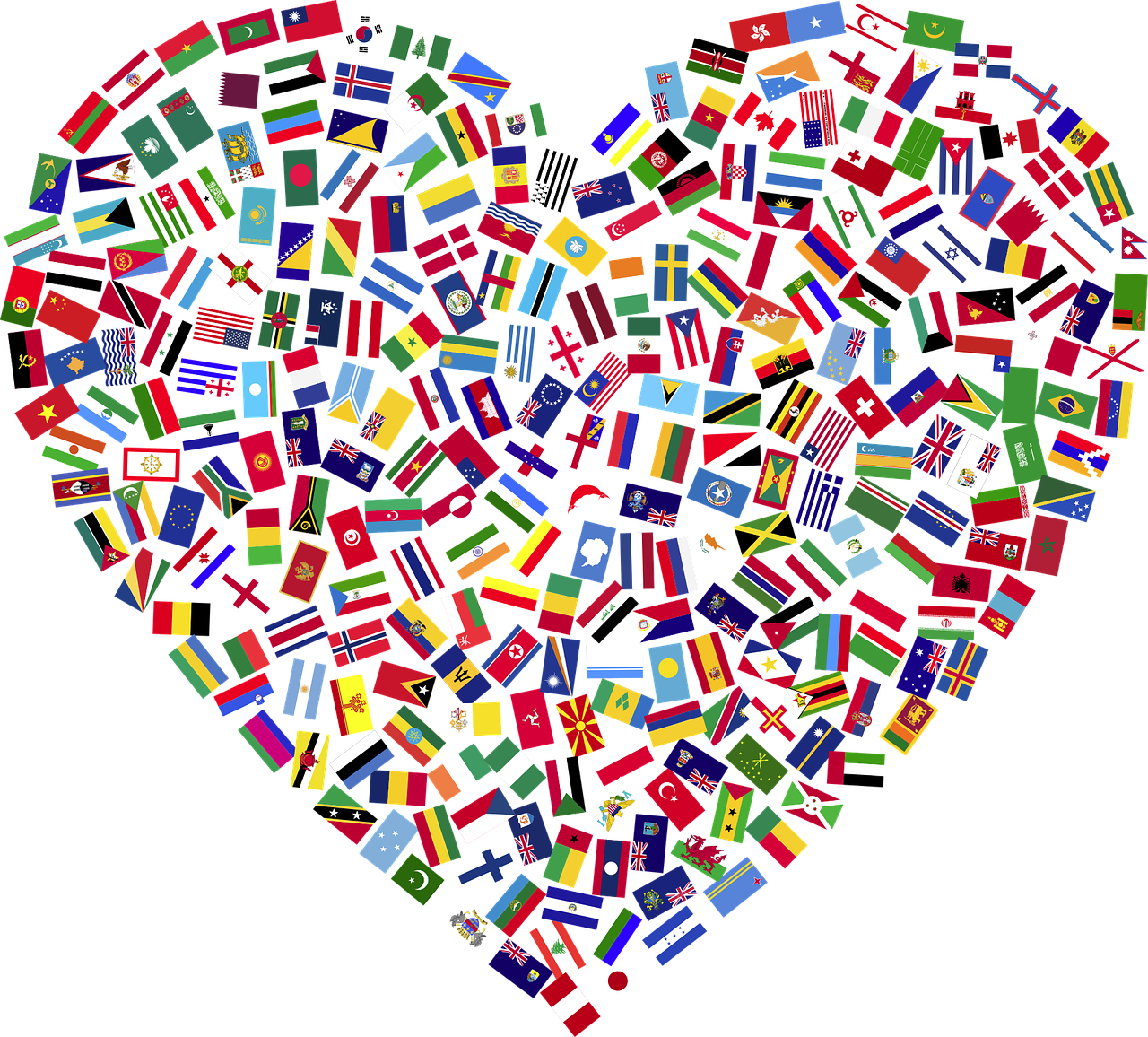
**Compiled by Cherice Montgomery**



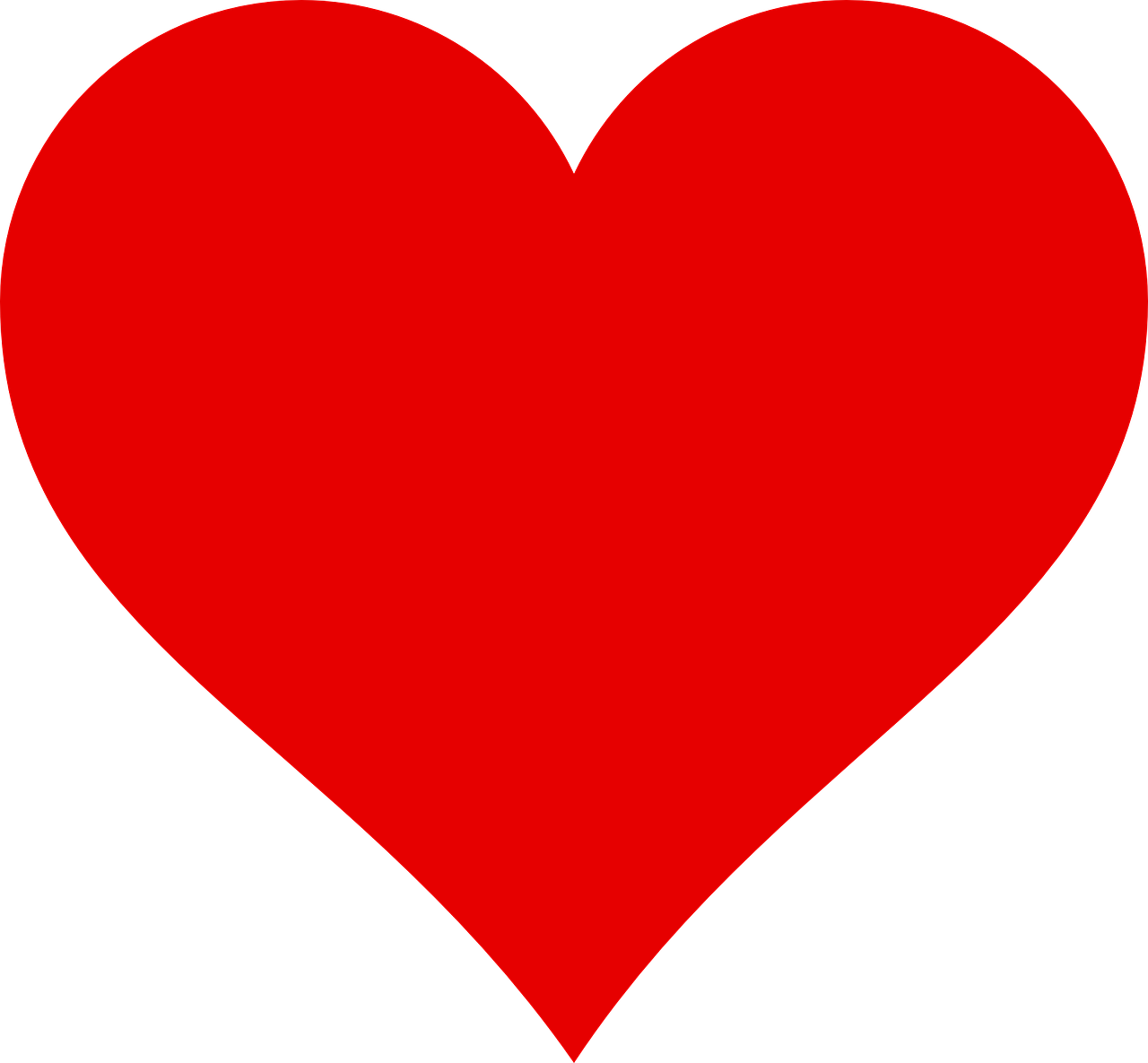
**kind**



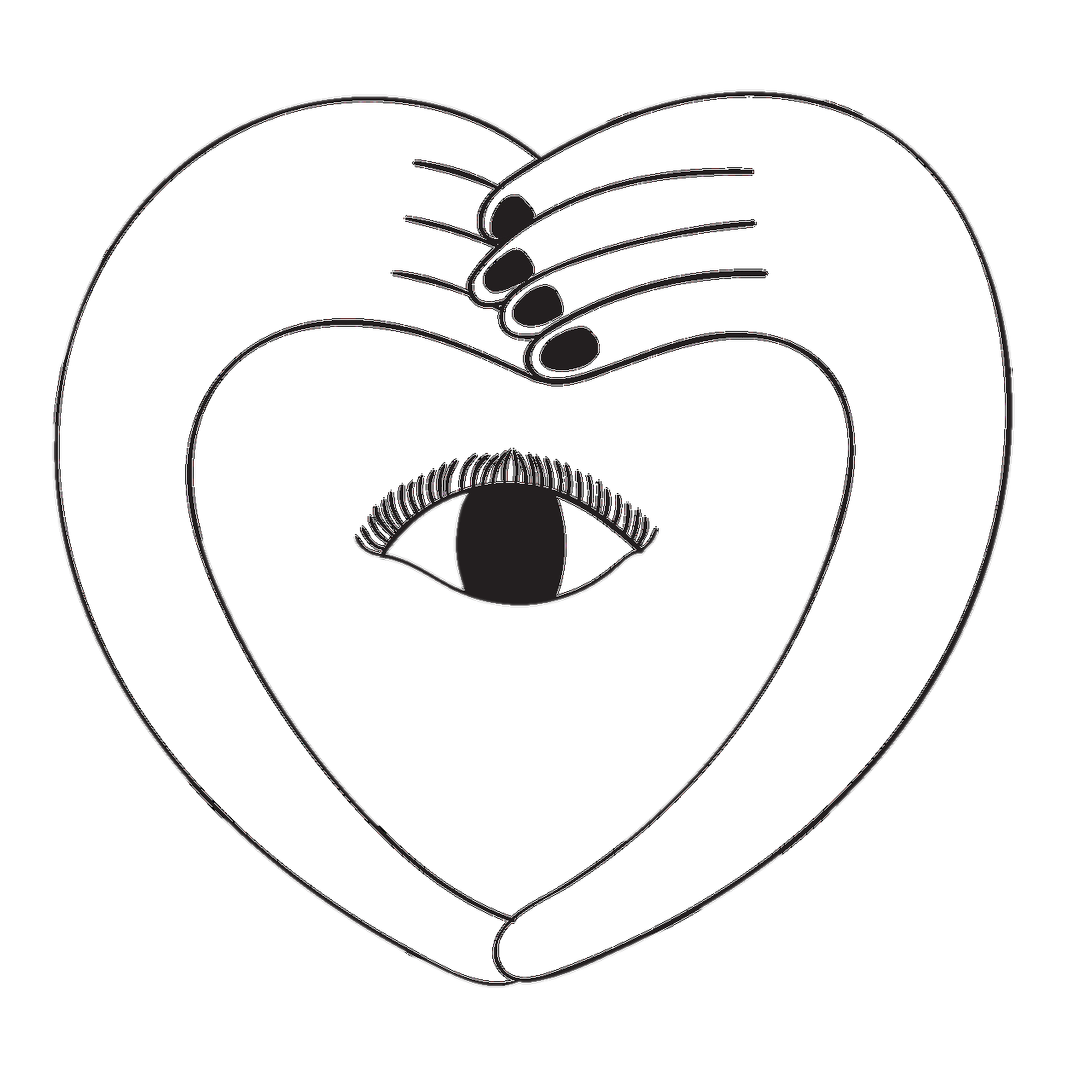
**ev**eryone



**everyone**



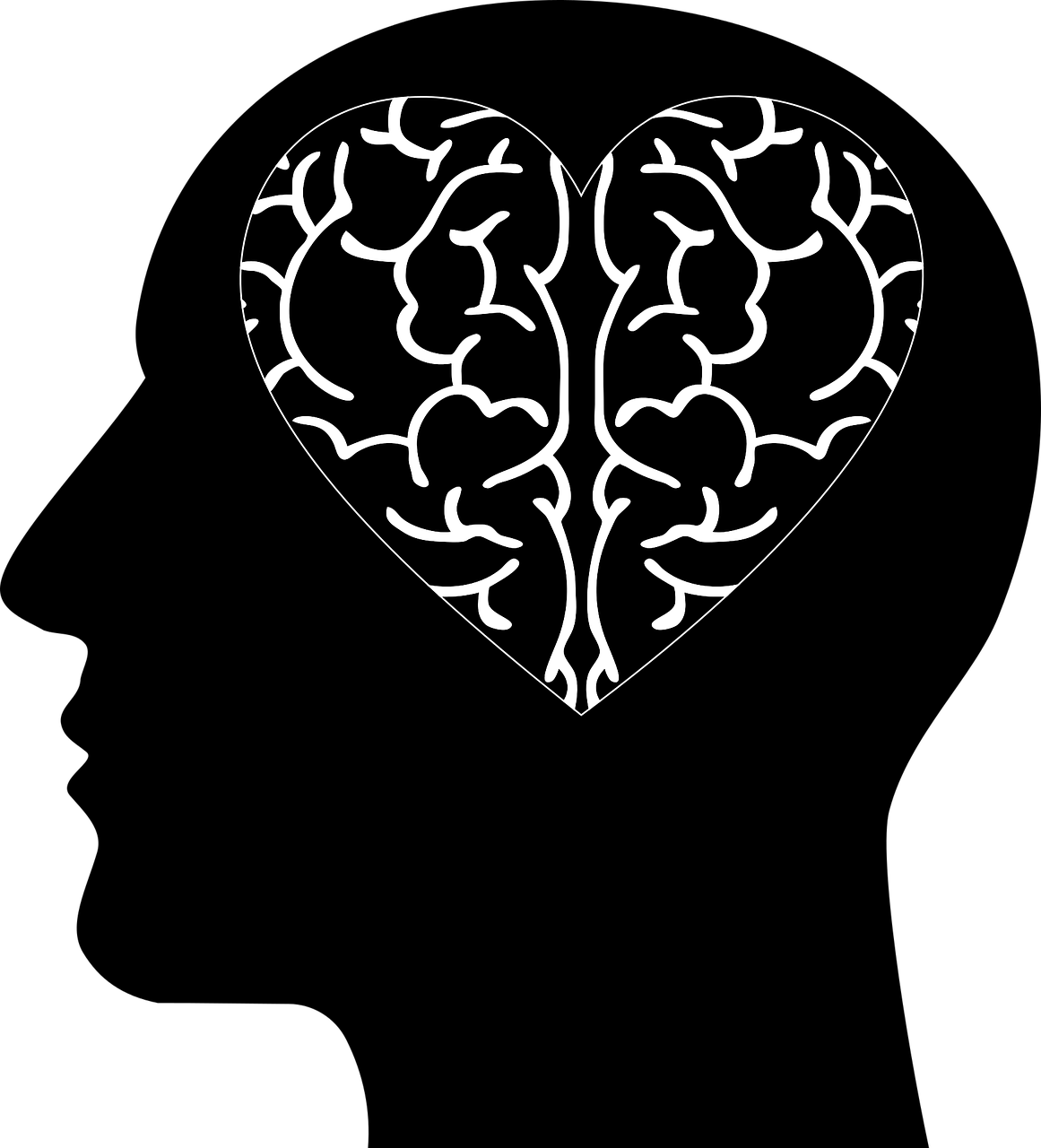
**right**



**see**



**say**



**remember**



**kindness begins**



**me**

Instructions for “[Kindness Heart Jump](https://ldsprimaryprintables.com/blog-kindness-begins-with-me-primary-singing-time-ideas)” Activity

(Summarized from *LDS Primary Printables*):

*Lay eight hearts in two separate lines of four, 2 feet apart (or in a circle or heart shape).*

*Invite four children to come to the front.*

1. Primary: Sing the song.
2. Primary: Clap the beat while you sing.
3. Helper Children: Jump to a new heart on each beat.
4. If you end on a black heart, tell something mean kids often do, then sit down.
5. If you end on a gold heart, read the scripture on the back and/or tell something kind you could do.

*I want to be* ***kind*** *to every****one****,*

  Jump  jump

*for that is* ***right*** *you* ***see****!* (**Sit** on last beat.)

 jump    jump

*So I* ***say*** *to myself**re****mem****ber this...*

Jump     jump

*Kindness be****gins*** *with* ***me****!*  (**Sit** on last beat.)

        jump       jump

**Gold Heart Scripture:** “34 A new commandment I give unto you, That ye alove one another; as I have loved you, that ye also blove one another. 35 By this shall all men know that ye are my disciples, if ye have alove one to another” (John 13:34-35).

**Black Heart Scripture:** "But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you." (Matthew 5:44).

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