

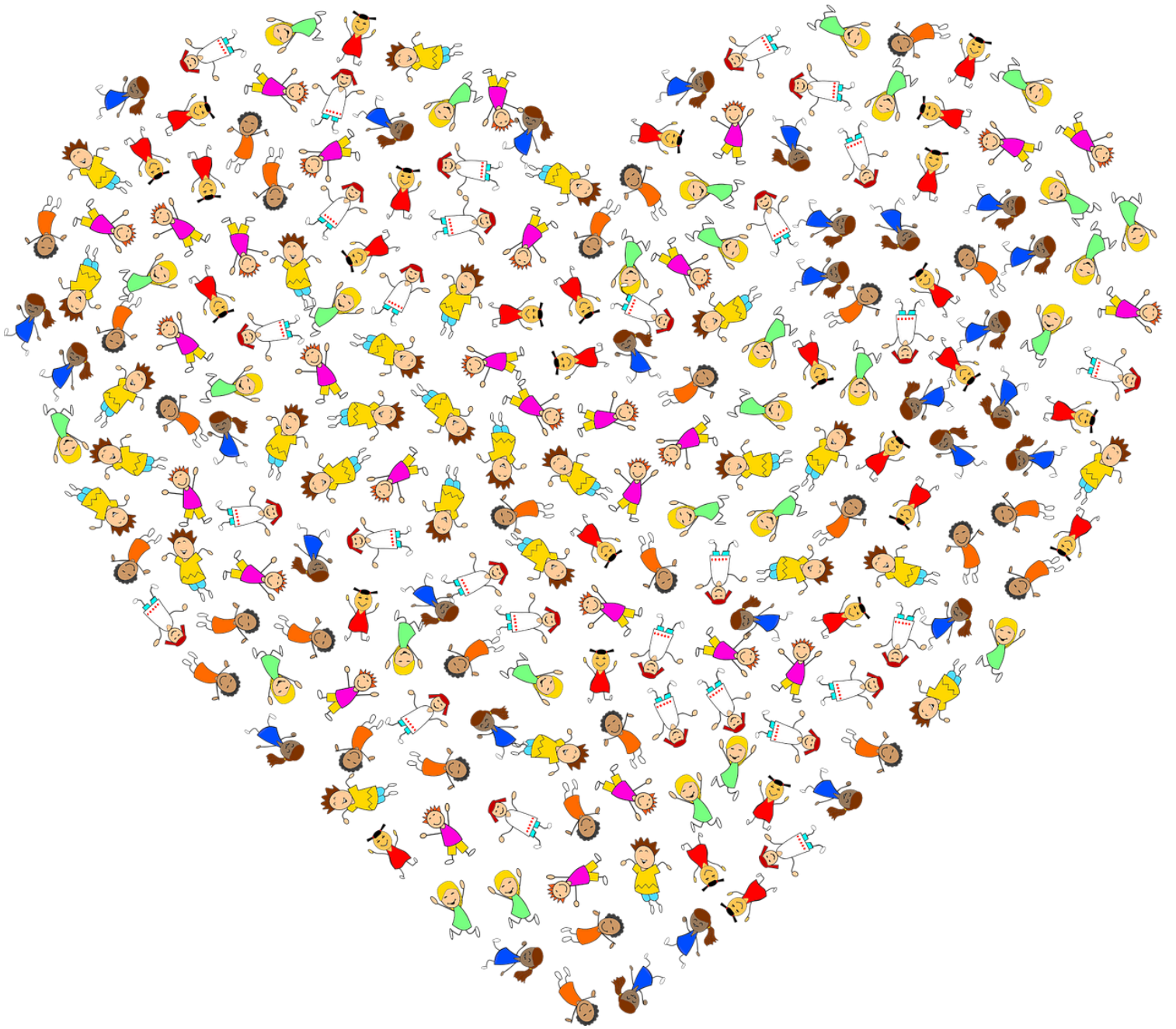
# Heart Jump Activity



**Hearts for  
*Kindness Begins with Me, p. 145*  
Heart Jump Activity  
Compiled by Cherice Montgomery**



**kind**



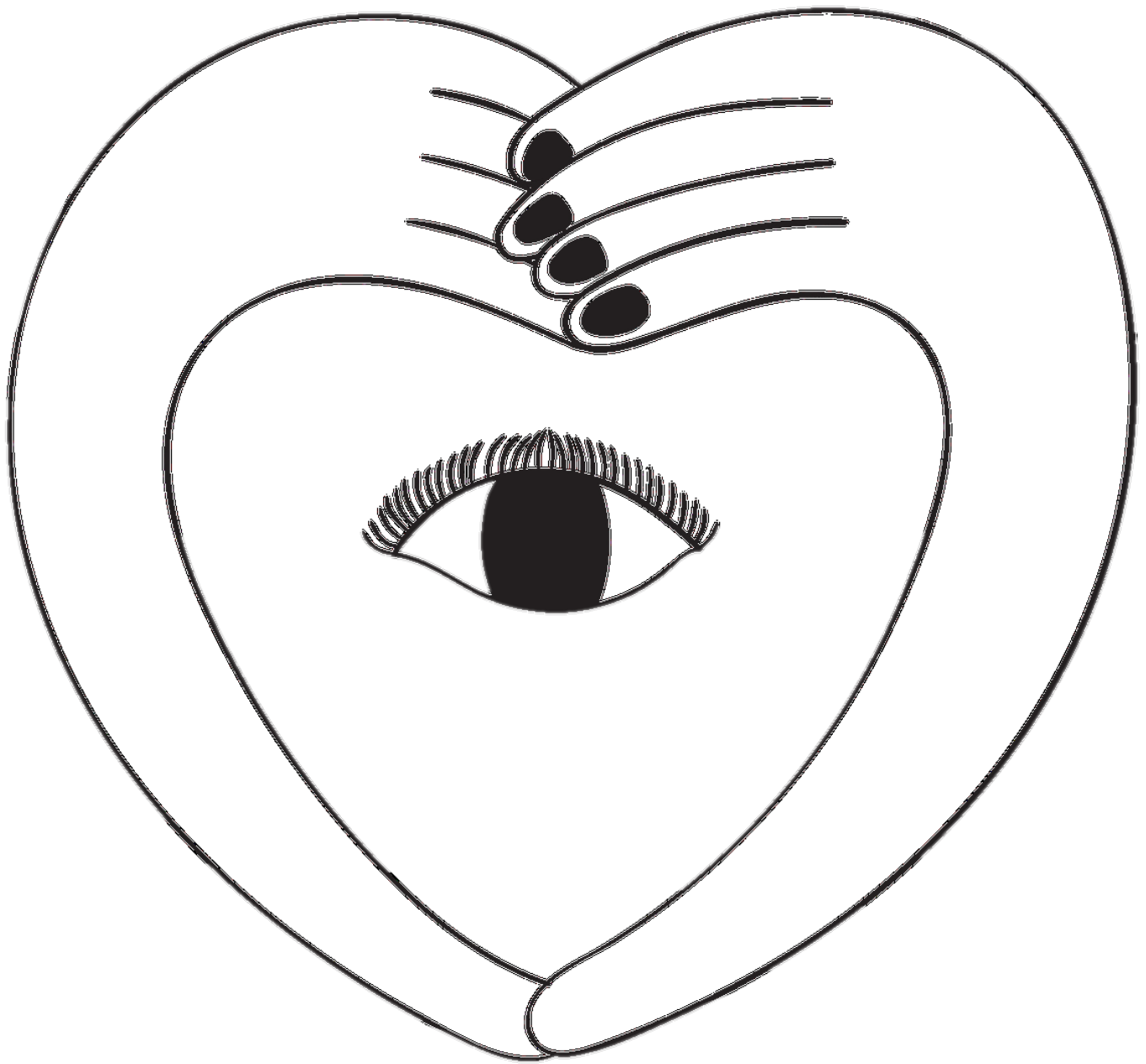
**everyone**



**everyone**



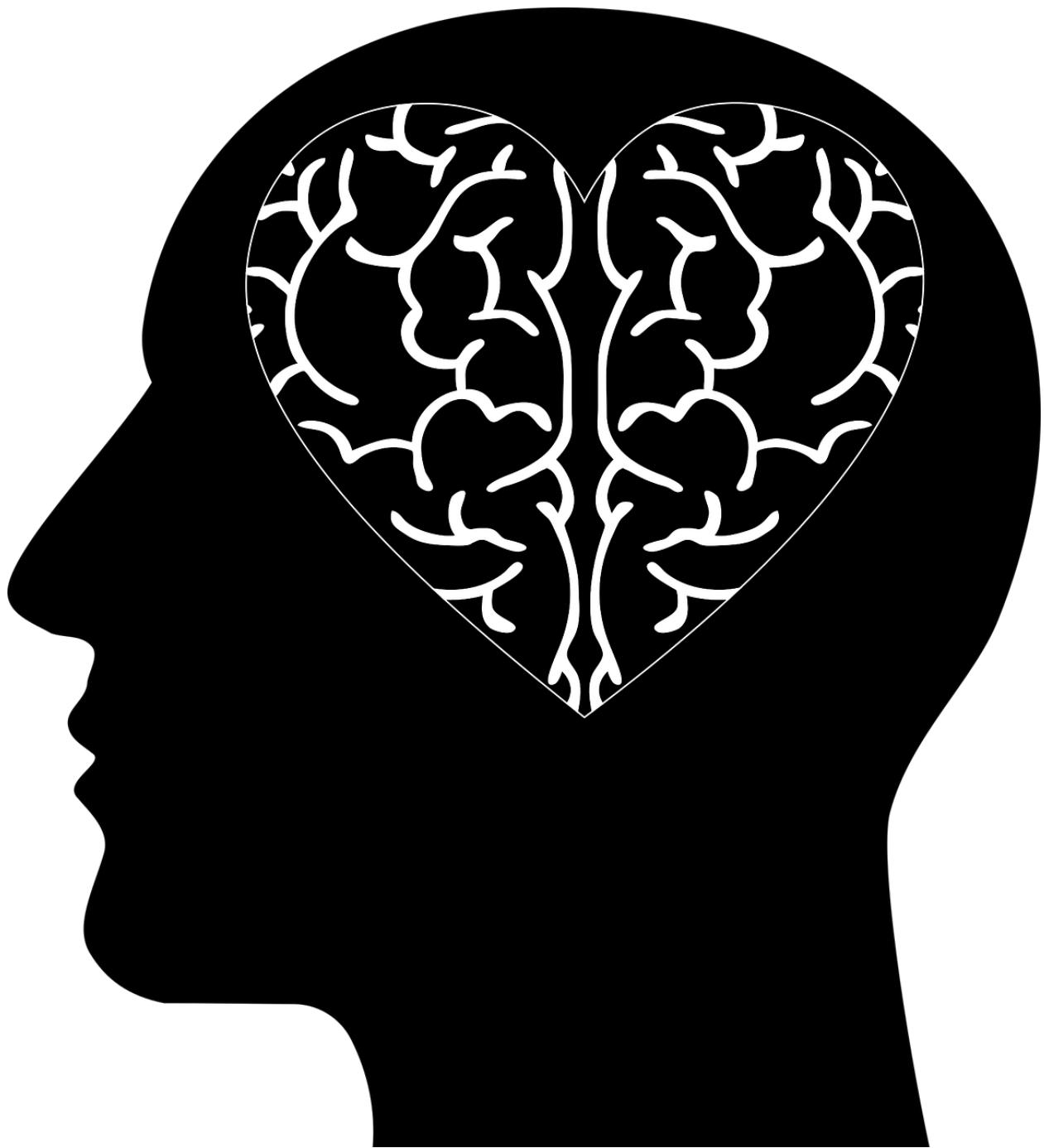
**right**



**see**



**say**



**remember**





**kindness begins**



**me**

## Instructions for “Kindness Heart Jump” 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 everyone,*

Jump      jump

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

jump      jump

*So I **say** to myself **remember** this...*

Jump      jump

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

jump      jump

**Gold Heart Scripture:** “34 A new commandment I give unto you, That ye <sup>a</sup>love one another; as I have loved you, that ye also <sup>b</sup>love one another. 35 By this shall all men know that ye are my disciples, if ye have <sup>a</sup>love 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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