

# The Frieda B. Kindness Ambassador Program

**See kindness. Be kindness.**

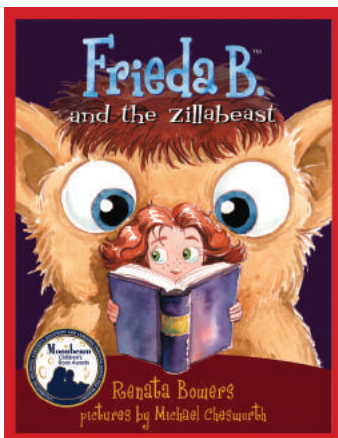
*“Be kindly affectionate to one another with brotherly love, in honor giving preference to one another.”*

~Romans 12:10 (NKJV)



Imagine reading a newspaper that reported only good news. Imagine how differently you'd feel about the world around you if you heard more good stories than bad. Stories of how people are putting others first through great acts of kindness. Well, the truth is, there are more good stories than bad. They just don't get shared as often.

This is what the Frieda B. Kindness Ambassador (FBKA) Program is all about: Together, looking for – and recognizing – the kindness of others, all over our country. Then sharing those stories, putting them on a map, for all to see. It's a way for each of us to see and be God's light in our world – to provide hope and encouragement that God, indeed, is mightily at work among us, through works of kindness.



Book on which the FBKA Program is based.

## How to Create a Troop or Unit of Kindness Ambassadors:

### 1. Read and Discuss Frieda B. and the Zillabeast.

In this story, Frieda B. initially places her own wants ahead of the needs of others in her life – while Zilla, her ever-loyal companion, is a constant example of kindness and putting others first. Discuss:

- ♥ Frieda B. loves books. Is there anything wrong with having a talent or hobby you love? Are hobbies more important than the needs of our family, our faith, our friends?
- ♥ Throughout the story, both Frieda and Zilla are faced with choices. With each situation, discuss: What is the right choice to make? What choice is made?
  - Frieda: books or mom's call for breakfast
  - Frieda: book or feeding Zilla
  - Zilla: Frieda's request or trying to get downstairs to eat
  - Frieda: staying with Snow White or going after Zilla
  - Zilla: eating the food in the basket or not
- ♥ Why does Zilla become so beastly? How is this a consequence of Frieda's choices?
- ♥ When Red Riding Hood first meets Zilla, does she trust him?
- ♥ How and why does Zilla's kind choice to not eat the food change the way Red Riding Hood feels about and acts toward him? What does that teach us?
- ♥ At the end of the story, Frieda puts Zilla and her mom first. How does she do that?
- ♥ How do Zilla and her mom respond? Why?
- ♥ On the last page, Frieda still has time to do what she loves. What does this teach us?

### 2. Identify kindness.

The key scripture verse for this program is Romans 12:10: *“Be kindly affectionate to one another with brotherly love, in honor giving preference to one another.”* Jesus provides a perfect example of putting others first, in literally giving His life that all might be saved. During His life here on earth He showed countless and measureless acts of kindness to others. And in doing so, He witnessed to the love of His Heavenly Father.

One way we can share God's love and light with the world is to be Kindness Ambassadors (KA)... to recognize, thank and support those who are doing the important work of putting others first. Your Troop's or Unit's task as KAs is to see kindness in others... and to be kindness by thanking them for what they do.

Ask each girl to spend time prayerfully selecting someone in the United States whose kindness and service mean a great deal to her. This might be someone she knows personally, but ask her to consider selecting someone she doesn't know. Possibly someone in a different state. Ask her to make a list of why this person's work(s) of kindness mean so much to her.



### 3. Share stories of kindness.

Together, discuss:

- ♥ Romans 12:10. What do the words “in honor” mean?
- ♥ How does one’s kindness toward another provide hope and light to the world?
- ♥ How is recognizing someone’s kindness an act of kindness in itself?

Ask each girl to share a bit about the person she has chosen:

- ♥ His/her story of kindness, how s/he puts others first.
- ♥ How the recipient demonstrates Romans 12:10.
- ♥ What this person’s kindness says about his/her story – what s/he is good at and cares about.
- ♥ Why this particular story is meaningful to her.



### 4. Write and mail thank you cards.

\* Free printable/colorable cards can be found at [FriedaB.com/AHG/Kind](http://FriedaB.com/AHG/Kind)

In our fast-paced world a hand-written thank you card often is greatly cherished. As a KA, each girl should take time to create a card for her recipient that thoughtfully expresses her gratitude. Include:

- ♥ Name, where she’s from, what Troop she belongs to;
- ♥ How her AHG Troop is recognizing the kindness of people in the U.S. who put others first;
- ♥ The FBKA scripture verse, Romans 12:10 (NKJV version);
- ♥ Why this person’s work(s) of kindness mean so much to her;
- ♥ How she’s sharing this person on the Kindness Map at [FriedaB.com/AHG/Kind/Map](http://FriedaB.com/AHG/Kind/Map).



### 5. Share recipients with Frieda B., for the Kindness Map

Imagine a map of the United States, filled with hearts, each representing someone who has been thanked by a Kindness Ambassador for putting others first. How wonderful would it be to see all that love and kindness across our country? Well, no need to imagine – together, we’re creating one!

For those whom your KAs have recognized, send us an email at [AHG@FriedaB.com](mailto:AHG@FriedaB.com), and include:

- ♥ Your Troop number;
- ♥ Each recipient’s name, city and state;
- ♥ A brief (20-30-word) summary of each recipient’s work(s) of kindness.



We’ll put these on the map at [FriedaB.com/AHG/Kind/Map](http://FriedaB.com/AHG/Kind/Map) for all to see... And together, we’ll build a map filled with hearts of kindness. What a wonderful way to share the hope and joy of the Lord with others across our nation! May God use this program – and each of us as His Kindness Ambassadors – to further bless this great country we love.

### 6. Present a FBKA patch to each girl.

Recognizing kindness in others is a thoughtful and meaningful gift. May the FBKA patch serve to remind each Kindness Ambassador of what she’s learned, and the importance of continuing to see and be kindness her whole life long.



For all FBKA Program details, including Zillabeast Books and PowerPoints, FBKA Patches, and Printable Thank You Cards, **visit us at [FriedaB.com/AHG/FBT](http://FriedaB.com/AHG/FBT)**  
Patches also available in the AHGstore.



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