



## Sharing a Taste of Home

### Leader's guide

#### Aim of the session:

To help Mini Vinnies understand that caring for someone can go beyond money and things — by thinking about what would make someone feel remembered, valued, and loved.

**Time:** 15–20 minutes

#### Materials Needed:

- Paper or card
- Pens, pencils, or markers
- Optional: recipe cards or images of simple foods (for inspiration)
- Optional: board or large sheet of paper for group discussion

#### Opening Prayer (1–2 mins)

*Lord Jesus, thank You for the love we can share with others.*

*Help us to think about the small things that can bring joy and comfort, and teach us to care for people as You care for us. Amen.*

#### Story Reflection (2–3 mins)

Read aloud Claire and Lillian's story, emphasising how a small act of kindness brought joy.

*Claire, one of our London SVP Conference (group) members, heard that Lillian, a woman she had worked with a long time ago, was unable to leave her home because she was elderly and found walking difficult. Lillian did not need help with money or things, but she was no longer able to cook for herself and was relying on ready meals or those provided by a carer. Her one wish, she said to Claire, was to eat some of the Jewish food her mother had made her as a child. Claire decided to research the recipes she might have enjoyed and reproduce them. Claire's own family are now fans of the meatloaf and chicken noodle soup that she delivers regularly to Lillian, whose eyes light up as she catches sight of the little foil dishes and the smells of her youth.*

#### Group Discussion (3–4 mins)

Ask:

- What small acts of care can make a big difference to someone?
- Can you think of ways to help someone feel remembered, special, or happy?
- Write answers on the board (examples: a homemade card, sharing a favourite snack, visiting, listening, helping with chores).

#### Creative Response (10 mins)

Children create a "Mini Act of Kindness Plan":

- On paper/card, draw or write one thing they could do to make someone feel cared for (family, friend, neighbour, or elderly person).
- Encourage them to be specific — e.g., baking, writing a note, helping with shopping, or sharing a favourite meal.

#### Closing Reflection (2–3 mins)

Invite a few children to share their ideas. Highlight that even small acts can bring joy.

End with a short reflection:

*"Just like Claire's small act made Lillian's day, our kindness can brighten someone's life."*



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