



St Vincent
de Paul Society
England and Wales
Turning Concern into Action



Treasures of the Heart — Reflection and Kindness Cups

Aim of session:

- To help children understand that true treasure is found in the kindness and time we share with others, following the example of Jesus and St Vincent de Paul, and to encourage them to think about simple ways they can give their time and kindness to help those in need.

Time: 15–20 minutes

Theme: Real treasures aren't things you can buy, but the time and kindness we share with others.

What you will need:

- A Bible or printed copy of Matthew 6:19–21 (simplified version if needed)
- Paper cups or paper teacup cut-outs (one per child)
- Pens, pencils, or colouring pencils
- Space for children to sit and talk comfortably
- (Optional) Examples of kindness ideas to help children get started

Steps for session:

Bible Story and Explanation (5 minutes)

- Read or say this in your own words:

"Jesus said, 'Do not collect treasures here on earth, where things can get broken or stolen. Instead, collect treasures in heaven, where they will last forever. Where your treasure is, that's where your heart will be too.'" (Matthew 6:19–21)

Explain:

Jesus tells us that the most important treasures are not toys, money or things you can hold. Real treasures are things like love, kindness, and spending time with people who need us.

St Vincent de Paul and the founder of the SVP, Blessed Frederic Ozanam didn't care about having lots of things. They chose to be close to poor people — to spend time with them and help them, just like sharing a cup of tea and kindness.

Group Chat: What Are Treasures? (5 minutes)

Ask the children:

- What do you think people usually think of as treasures? (Examples: toys, money, games)
- Can you think of treasures that don't cost money? (Examples: friendship, smiles, time)
- Has someone ever given you their time or been kind to you? How did that make you feel?





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Cup of Kindness Craft (10 minutes)

What you need: Paper cups (or cut-out paper teacups), pens, colouring pencils

- Give each child a paper cup or a paper teacup shape.
- Ask them to write or draw one way they can spend their time helping someone this week, and one kind thing they can do for someone else.
- Encourage them to decorate their cup with bright colours, hearts, or pictures.

If you don't have cups, just use a sheet with a big teacup outline for them to colour and write on.

Invite anyone who wants to share their ideas with the group.

Finish

Remind everyone:

The best treasures are not things but the love and kindness we share. Like St Vincent de Paul, Mini Vinnies show true treasure by giving their time and care to others.

Closing Prayer: Say the Mini Vinnies' Prayer:

Mini Vinnies Prayer

Lord, thank you for our gifts and talents.

Lord, show us who needs our help.

Lord, use our hands to help those who are hungry.

Lord, open our hearts to love and comfort those who are sad and lonely.

Lord, let us share our time, gifts and talents with those in need.

Lord, help us to care for the sick.

Amen.

