

Leo's Kindness Advent Calendar Challenge

Learning objective: To understand how small, consistent acts of kindness can positively impact a community and promote emotional well-being.

Leo the Lion is planning a 'Kindness Advent' for his forest friends. He wants to ensure every day in December brings a smile to someone's face. Below is a list of potential acts of kindness. Sort these into two categories: 'Acts of Kindness' (things that help others feel happy or supported) and 'Self-Kindness' (things that help you feel calm, healthy, and happy). Once sorted, choose one from each category to commit to doing this week.

Word bank: Compliment a friend · Read a favourite book · Help tidy a messy room · Eat a piece of fruit · Share a snack · Get a good night's sleep · Write a thank-you note · Spend time drawing

1. Sort the words from the word bank into the two categories below. Write your choices in the correct box. (8 marks)

2. Why do you think it is important to show kindness to yourself as well as to others, just like Leo suggests? (2 marks)

3. If you wanted to do an act of kindness that cost £0.00, what could you do for someone at home or in your class? (2 marks)

4. How might doing one kind act every day change the way your classroom feels by the end of the week? (2 marks)

5. Leo says, 'Kindness is a ripple in a pond.' What do you think he means by this? (2 marks)

Draw: Draw a 'Kindness Calendar' grid for the first seven days of December. In each square, draw a small picture representing one kind act you have chosen to complete.

A large, empty rectangular box with a thin black border, intended for drawing a 'Kindness Calendar' grid for the first seven days of December. The box is currently blank, providing space for the student to create their grid and draw pictures of kind acts.

Extension challenge: Design a 'Kindness Token' that you can give to a friend when you see them doing something helpful. Write a short, encouraging message on the back of your token.