

PSHE Assessment: The Kindness Advent

Learning objective: To understand the impact of intentional kindness and how small, consistent actions can build a positive community.

Read each question carefully. Use your best handwriting and explain your ideas clearly. This assessment is worth 25 marks in total.

In the BookFlik forest, Leo the Lion and his friends decided to start a 'Kindness Advent'. Instead of receiving gifts, they spent every day for twelve days performing secret acts of kindness for others. Whether it was helping Bea the honeybee tidy her hive, or leaving a kind note for Kit the fox, the forest became a much happier place. They learned that kindness isn't just about big gestures; it is about noticing what others need and taking action to help.

Word bank: Empathy · Community · Gratitude · Inclusion · Generosity · Support · Respect

1. Define the term 'Kindness Advent' in your own words. Why might someone choose to give kindness instead of receiving gifts? (3 marks)

2. Name two people or groups in your school community that you could show kindness to this week. Explain how you would do this. (3 marks)

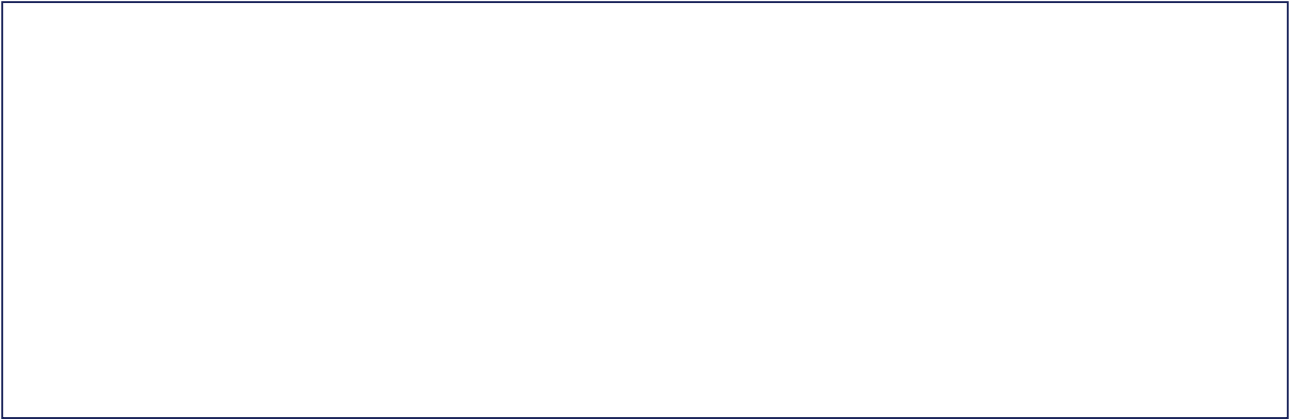
3. How does showing kindness to others affect your own wellbeing and feelings? Use at least one word from the word bank. (4 marks)

4. Imagine a classmate is feeling sad because they are struggling with their work. Describe three small, kind actions you could take to support them. (5 marks)

5. Why is it important to be kind even when no one is watching? Provide an example. (5 marks)

6. True or False: Kindness is only effective if it involves spending money (e.g., buying a gift for £5.00). Explain your reasoning. (5 marks)

Draw: Draw a scene where you are performing a 'secret act of kindness' for someone in your classroom. Include a speech bubble showing what you might say.



Extension challenge: Write a short poem or a 'Kindness Promise' to yourself, explaining how you will keep the spirit of your Kindness Advent going throughout the entire year. Total: /25