

Kindness Advent: Spreading Joy with BookFlik

Learning objective: To understand the importance of kindness, identify ways to show empathy, and explore how small acts of consideration impact our community and wellbeing.

Read the front of each flashcard and think about how you could put that act of kindness into practice today. Flip the card mentally to check the definition or suggestion.

What is an act of 'Random Kindness'?

A small, unplanned gesture performed for someone else without expecting anything in return.

How can you show empathy to a classmate who is feeling sad?

By listening to them carefully, acknowledging their feelings, and offering a kind word.

Why is saying 'thank you' an important part of kindness?

It shows gratitude and lets the other person know their effort or gift is appreciated.

Max the monkey wants to share his snacks fairly. What does this teach us?

Fairness and generosity are key parts of being a kind friend.

If Pip the caterpillar sees someone sitting alone at playtime, what should he do?

He should invite them to join in or ask if they are okay, helping them feel included.

What does it mean to be a good listener?

Giving someone your full attention, looking at them while they speak, and not interrupting.

How does helping someone with their schoolwork show kindness?

It shows you care about their learning and are willing to give your time to support them.

Why is it important to be kind to yourself as well as others?

Looking after your own wellbeing helps you have more energy and patience to be kind to those around you.

Zara the zebra notices someone has dropped their pencil case. What is the kind action?

Helping them pick up their items quickly and politely.

What is the 'ripple effect' of kindness?

When one kind act inspires others to be kind, creating a chain reaction of positivity in the community.

If you have £2.00, how could you use it for a kindness project?

You could buy a small treat or a card to give to someone who has helped you, showing your appreciation.

What is a 'Kindness Advent' challenge?

A daily mission during the month of December where you commit to performing one specific act of kindness for others.