

The Kindness Advent Challenge

Learning objective: To understand the importance of kindness and empathy in our community during the festive season.

Read the questions carefully and select the best answer. Remember, kindness is about small actions that make a big difference!

Answer Key: 1.C, 2.True, 3.False, 4.B, 5.True, 6.Compliment, 7.A, 8.True, 9.Support, 10.B.

Word bank: Empathy · Generosity · Community · Support · Gratitude · Thoughtfulness

1. Max the monkey wants to show kindness to a neighbour. Which is the best example? A) Taking their toys, B) Ignoring them, C) Offering to help them carry their shopping, D) Making a loud noise. Answer: C* (1 mark)

2. True or False: Kindness is only important if you receive a reward for it. (1 mark)

3. True or False: A kind act must always cost money, like buying a present for £5.00. (1 mark)

4. Pip the caterpillar is writing a kind note. What is this called? A) A mean prank, B) An act of gratitude, C) A maths equation, D) A science experiment. Answer: B* (1 mark)

5. True or False: Showing empathy means trying to understand how someone else is feeling. (1 mark)

6. Fill in the blank: Giving a sincere _____ to a friend about their hard work is a great way to boost their confidence. (1 mark)

7. Nova the owl sees someone sitting alone at lunch. What should she do? A) Invite them to sit with her, B) Walk away quickly, C) Laugh at them, D) Tell everyone else to ignore them. Answer: A* (1 mark)

8. True or False: Small acts of kindness, like holding a door open, can brighten someone's entire day. (1 mark)

9. Fill in the blank: If a classmate is struggling with their schoolwork, offering to _____ them is a very kind thing to do. (1 mark)

10. Bea the honeybee loves to help the hive. What does 'community' mean? A) Being selfish, B) People working together to help each other, C) Staying inside all day, D) Only caring about yourself. Answer: B* (1 mark)

Draw: Draw a 'Kindness Advent Calendar' where each day of the month features a different way to be helpful, such as sharing, listening, or helping at home.



Extension challenge: Choose one act of kindness from your drawing and carry it out this week. Write a short diary entry explaining how it felt to help someone else.