

The Kindness Garden with Zara the Zebra

Learning objective: To understand the importance of kindness and identify how small, positive actions can create a supportive community.

Zara the Zebra is planting a 'Kindness Garden'. Look at the list of actions below. Decide if each action is a 'Seed of Kindness' (something that helps someone feel happy or supported) or a 'Weed of Negativity' (something that might make someone feel sad or excluded). Sort them into the correct category and explain why your choice makes a difference.

Word bank: Listening carefully · Ignoring a friend · Sharing equipment · Laughing at a mistake · Giving a compliment · Interrupting someone · Helping clear up · Walking away when someone is sad

1. 'Listening carefully' is a Seed of Kindness. Why does this help a friend feel valued? (2 marks)

2. Why is 'Laughing at a mistake' considered a Weed of Negativity in Zara's garden? (2 marks)

3. If you choose 'Giving a compliment', how does this action affect the person receiving it? (2 marks)

4. Is 'Sharing equipment' a Seed or a Weed? Explain how this builds a strong friendship. (2 marks)

5. Think of one more 'Seed of Kindness' not in the word bank. Write it down and describe its effect. (2 marks)

Draw: Draw a large flower in the centre of the page. Inside the petals, write down three kind things you have done for someone else this week. Decorate the garden with bright colours.



Extension challenge: Imagine you are Zara the Zebra. Write a short 'Kindness Recipe' for your class. What ingredients (behaviours) do you need to make sure everyone feels welcome and happy in the classroom?