

My Kindness Diary: A Week of Giving

Learning objective: To understand how small acts of kindness can impact others and to reflect on personal actions that contribute to a positive school community.

Kindness is like a ripple in a pond—one small act can spread joy to many people! This week, track the kind things you have done or witnessed. Think about how your actions made others feel and how they made you feel in return. Fill out an entry for three different days this week, using the questions below to guide your thoughts.

Word bank: thoughtful · generous · supportive · appreciative · considerate · cooperative · encouraging · empathy · impact · community

1. The Act of Kindness: Describe a specific kind thing you did or saw today. Who was involved? (2 marks)

2. The Feeling: How do you think your action (or the action you witnessed) made the other person feel? (2 marks)

3. Personal Reflection: How did doing this kind act make you feel inside? (2 marks)

4. Ripple Effect: Can you think of one way this kindness might encourage someone else to be kind too? (3 marks)

5. Future Goal: What is one small, kind action you could do for a friend or family member tomorrow? (1 mark)

Extension challenge: Ask Leo the Lion's question: 'If kindness was a colour, what colour would it be and why?' Write a short poem or paragraph explaining your choice, using the word bank to help describe the feeling of being kind.