

The Power of Kindness: A Writing Frame

Learning objective: To understand the impact of kind actions and be able to write a reflective piece about how we can make our community a kinder place.

Use the prompts below to help you write a reflective piece about kindness. Think about how your actions affect others and how you can be a positive influence in your school or home.

Kindness is like a ripple in a pond; one small, thoughtful action can spread joy further than we could ever imagine.

Word bank: furthermore · consequently · on the other hand · compassionate · thoughtful · positive impact · empathy · community · in addition · generosity

1. Defining Kindness: What does kindness mean to you, and why is it important for people to be kind to one another? Start by saying: 'To me, kindness means...' (2 marks)

2. Kindness in Action: Describe a time you saw someone being kind, or a time you were kind yourself. How did it make everyone feel? Start by saying: 'I remember a time when...' (2 marks)

3. The Ripple Effect: How can one small act of kindness change the mood of a whole classroom? Start by saying: 'When someone shows kindness, it can change the atmosphere because...' (2 marks)

4. Future Goals: What is one kind thing you could do this week to help a friend or a family member? Start by saying: 'This week, my goal is to...' (2 marks)

5. Conclusion: Summarise why kindness is the most important tool we have for building a happy community. Start by saying: 'Ultimately, kindness matters because...' (2 marks)

Extension challenge: Imagine you are writing a letter to a friend explaining how to be a 'Kindness Ambassador'. List three specific rules they should follow to help make your school a friendlier place.