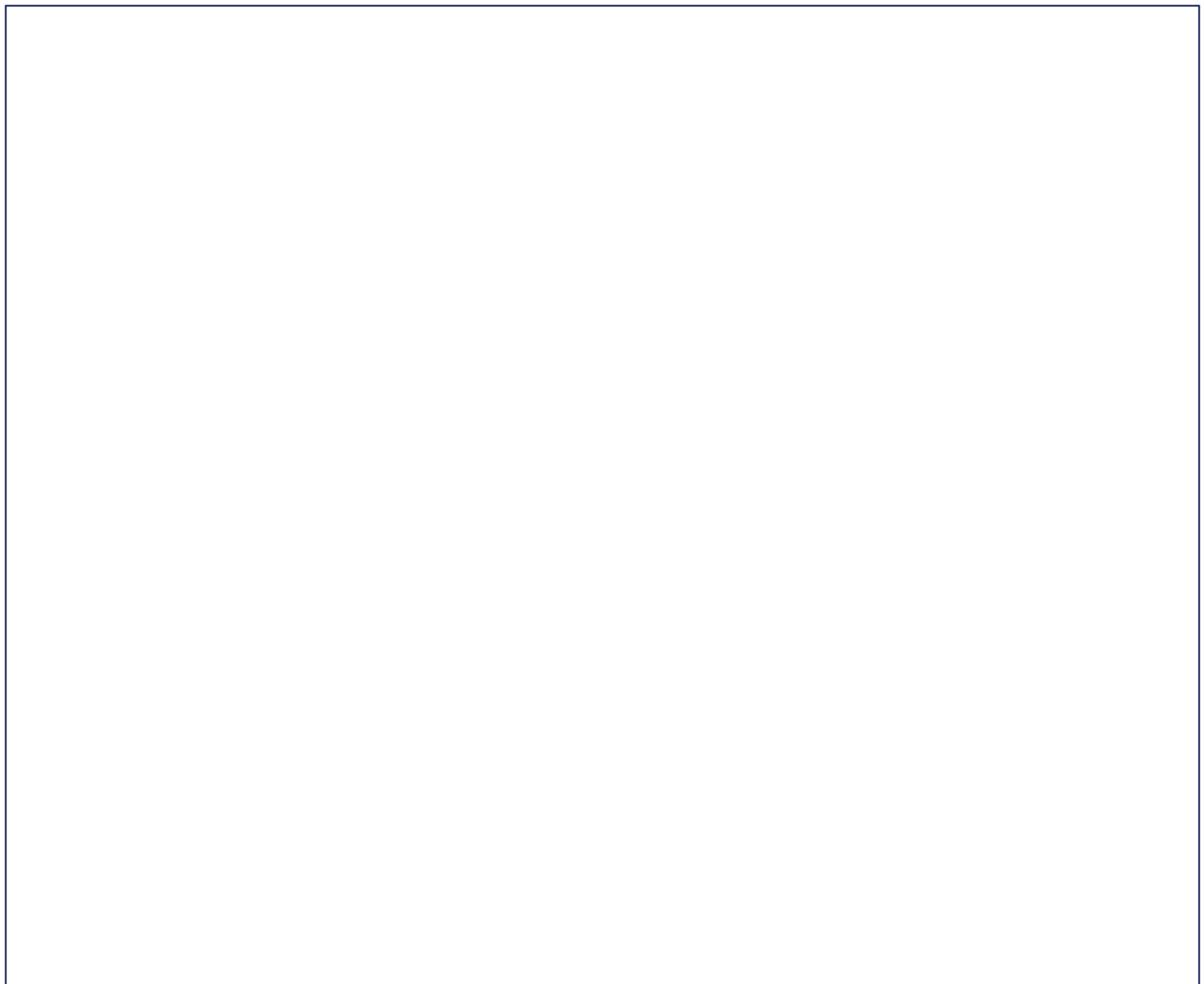


The Kindness Advent Calendar

Learning objective: To understand the impact of small, kind actions and represent the concept of a 'Kindness Advent' through visual expression.

Kindness is like a ripple in a pond; one small act can reach many people. Today, we are designing a Kindness Advent calendar. Instead of opening a door to find a treat, you will open a door to reveal a challenge that makes someone else smile. Follow the steps below to design your calendar.

Draw: Draw a large, rectangular advent calendar on your page with 24 numbered doors or windows. In the centre, draw Leo the Lion holding a sign that says 'Kindness Matters'. For at least four of the doors, draw them slightly ajar to show a symbol of a kind act inside (e.g., a heart for a compliment, a helping hand for chores, a book for reading to someone, or a star for encouragement). Use bright, warm colours to make the calendar look welcoming and festive.



Label words: Thoughtful · Generous · Empathy · Community · Support · Gratitude · Respect

Steps:

1. Identify one kind action you could perform for a classmate and explain how it might make them feel.
2. Why is it important to show kindness even when no one is watching? Use the word 'empathy' in your answer.

3. Label your drawing with two words from the word bank that describe the spirit of your calendar.
4. List two people in your school or home community who you could include in your kindness plans.
5. How does completing a daily act of kindness change the 'climate' or atmosphere of a classroom?