

# 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)**

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

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

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

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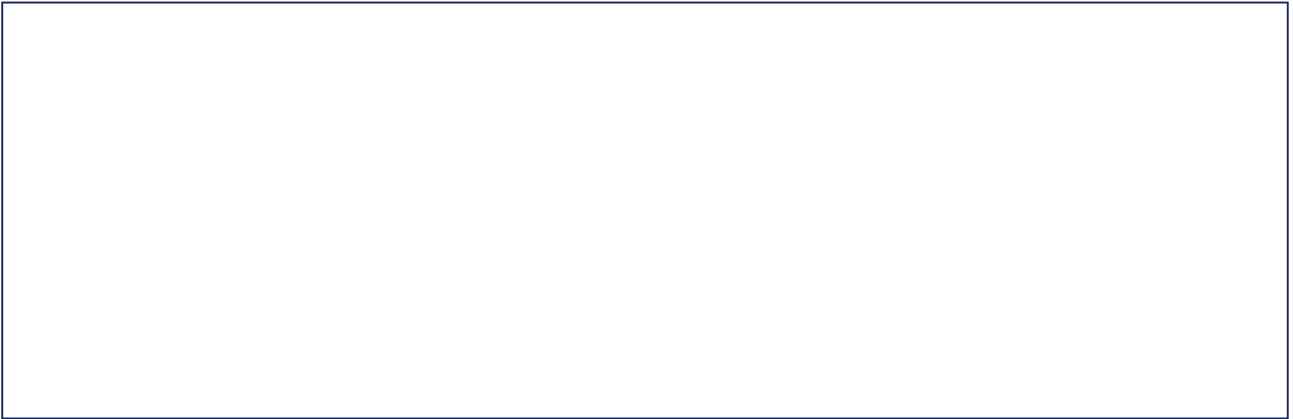
**5. Think of one more 'Seed of Kindness' not in the word bank. Write it down and describe its effect. (2 marks)**

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



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