

Kindness Champions: Understanding Our Impact

Learning objective: To understand the meaning of kindness, identify how to show empathy, and recognize the positive impact of kind actions on ourselves and others.

Read each flashcard to learn about the different ways we can be kind to our friends, family, and community. Flip them to check if you can explain these concepts in your own words.

What is Empathy?

Empathy is the ability to understand and share the feelings of another person by imagining how they might be feeling in a situation.

What does it mean to be Inclusive?

Being inclusive means making sure everyone feels welcome to join in, play, or work together, ensuring no one is left out.

How can you show Compassion at school?

You can show compassion by noticing when someone is sad or hurt, asking if they are okay, and offering a kind word or help.

Why is active listening a form of kindness?

Listening carefully shows the other person that their thoughts and feelings are important and that you value what they have to say.

What is the difference between a random act of kindness and a planned one?

A random act is a surprise gesture like holding a door, while a planned act might be helping someone with a project or making a gift for a friend.

How does showing gratitude help others?

Saying 'thank you' or expressing appreciation makes others feel valued and encourages them to continue being kind to others.

What is the 'ripple effect' of kindness?

It is the idea that one kind action can inspire the person who received it to be kind to someone else, creating a chain of positivity.

Why is being kind to yourself important?

Being kind to yourself means using positive self-talk and forgiving yourself when you make a mistake, which helps you stay happy and resilient.

How can Max the monkey use math to show kindness?

Max might share his snacks fairly with friends or help someone calculate how many turns are left in a game to ensure everyone gets a fair go.

What is respectful communication?

It means using polite words, speaking at a volume that is appropriate, and disagreeing calmly without being unkind or mean.

How can you support someone who is struggling?

You can offer to listen, help them with a task, or simply sit with them so they know they are not alone.

True or False: Kindness has to be a big, expensive gesture?

False. Kindness is often found in small, everyday actions like a smile, a compliment, or sharing a resource.