

The Kindness Advent Challenge

Learning objective: To understand the impact of small, consistent acts of kindness and how they contribute to a positive school and community environment.

Welcome to our Kindness Advent quiz! Join Max the monkey and Ellie the elephant as they explore how being thoughtful during the festive season can brighten everyone's day. Read each question carefully and circle the best answer.

Answer Key: 1.C, 2.True, 3.A, 4.Kindness, 5.B, 6.False, 7.D, 8.True, 9.Inclusive, 10.Empathy. Explanation: Kindness is about actions that benefit others without expecting a reward. Being kind strengthens our school community.

Word bank: Empathy · Generosity · Community · Thoughtfulness · Support · Consideration

1. 1. Max the monkey wants to show kindness to a friend who is feeling sad. Which action is the most thoughtful? A) Ignoring them to give them space. B) Telling them to stop being sad. C) Asking if they are okay and listening to them.* D) Asking to play a loud game to distract them. (1 mark)

2. 2. True or False: Acts of kindness must cost money, such as buying a gift for £5.00. (1 mark)

3. 3. Which of these is an example of an 'Advent of Kindness' action? A) Offering to help a teacher tidy the classroom.* B) Eating your lunch very quickly. C) Finishing your homework early for yourself. D) Watching a film. (1 mark)

4. 4. What is the missing word? '_____ is the quality of being friendly, generous, and considerate.' (1 mark)

5. 5. Ellie the elephant notices someone sitting alone at break time. What should she do? A) Walk past quickly. B) Invite them to join her group for a chat.* C) Tell them they look lonely. D) Ask a teacher to move them. (1 mark)

6. 6. True or False: You can only be kind to people you know very well. (1 mark)

7. 7. If you decide to give a compliment to a classmate, what is the best outcome? A) They give you a present back. B) You get to tell everyone else what you did. C) The teacher gives you a sticker. D) The classmate feels valued and happy.* (1 mark)

8. 8. True or False: Being kind can make the person doing the kind act feel happy too. (1 mark)

9. 9. If you are playing a game, how can you show kindness to a new person? (One word answer) (1 mark)

10. 10. What do we call the ability to understand and share the feelings of another person? (One word answer) (1 mark)

Draw: Draw a scene featuring Max and Ellie creating a 'Kindness Tree'. Instead of baubles, draw paper leaves where each leaf describes a specific act of kindness they performed, like 'held the door open' or 'shared my crayons'.



Extension challenge: Greater Depth Questions: 1. Explain why performing an act of kindness without expecting a reward is more meaningful than doing something for a prize. 2. Compare and contrast how an act of kindness affects the 'giver' versus the 'receiver'. 3. Justify why kindness is essential for a healthy school community. 4. What might happen to the school atmosphere if everyone committed to one small act of kindness every single day for a week? 5. Design a 'Kindness Advent Calendar' plan that costs £0.00 but makes a big difference. 6. Critically evaluate: Is it possible to be 'too kind'? Why or why not?