

The Power of Kindness: Growing Our Community

Learning objective: To understand the impact of kind actions on ourselves and others, and to recognise how small gestures contribute to a positive school community.

Read each question carefully and reflect on your experiences. Use the word bank to help you articulate your thoughts clearly.

Word bank: empathy · consideration · inclusive · resilience · supportive · compassion · impact · perspective

1. Max is trying to solve a tricky maths puzzle and feels frustrated. Explain how demonstrating empathy could help Max feel more confident. What specific words or actions would you use? (2 marks)

2. Compare and contrast a 'random act of kindness' with a 'planned act of service'. Which do you think has a greater impact on a school community and why? (3 marks)

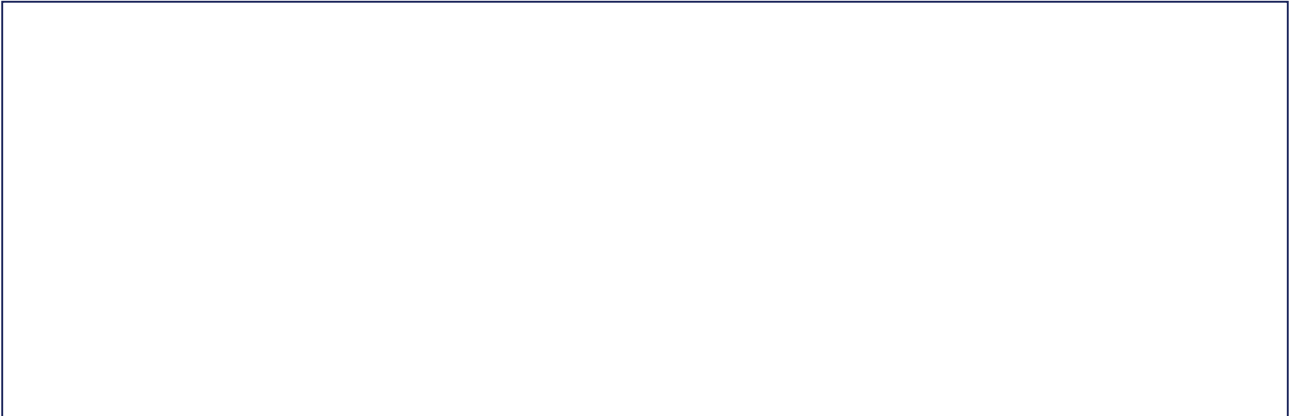
3. If you saw a new student sitting alone at lunch, how could you make them feel more inclusive? Justify your choice of action. (2 marks)

4. Sometimes, being kind can be difficult if someone is being unkind to you. Explain why choosing kindness in that moment shows great personal resilience. (3 marks)

5. Imagine a world where everyone performed one act of kindness every day. Predict two positive changes this would have on society. (2 marks)

6. If a friend was feeling sad because they lost their favourite book, how could you use your listening skills to show compassion? (2 marks)

Draw: Draw a 'Kindness Map' of your classroom. Label the areas where you can perform specific acts of kindness, such as the reading corner, the playground, or the group work desks.



Extension challenge: Write a short poem or a persuasive letter to the headteacher proposing a 'Kindness Week' for your school. Include three specific activities that would encourage pupils to show empathy towards others and explain the long-term benefits of these actions for the school's atmosphere.