Learning About Kindness with Pip the Caterpillar

Learning objective: To understand that Buddhists believe in being kind to all living things and sharing with others.

Read the questions with your grown-up and talk about how we can show kindness in our daily lives.

Pip the caterpillar is learning about how to make the world a happy place. Buddhists believe that being gentle and kind to everyone—including tiny bugs and big animals—helps us feel peaceful. Sharing toys and helping friends are special ways to show we care.

Word bank: Kindness · Sharing · Helping · Gentle · Living things · Peace

1. Pip wants to be kind to all living things. Can you name one living thing that Pip should be gentle with? (2 marks)

2. If you have two apples and your friend has none, what would a kind person do? (2 marks)

3. How does it make you feel when someone is kind to you? (2 marks)

4. Buddhists try to be peaceful. Can you think of one quiet or calm activity you like to do? (2 marks)

5. If Pip found a flower, should he pick it or let it grow for the bees? Why? (2 marks)

Draw: Draw a picture of yourself helping a friend or being kind to a small animal, just like Pip the caterpillar.

Extension challenge: Go on a 'kindness walk' in your garden or park. Find three living things (like a leaf, a bug, or a bird) and talk about how we can be gentle and respectful to them.