

Class 4 PSHE Assessment: The Kindness Advent Journey

Learning objective: To understand the impact of kindness, evaluate the significance of community actions, and apply empathy to scenarios involving social responsibility.

Read each question carefully. Use your best handwriting and provide detailed explanations where asked. Remember that kindness is not just about big gestures, but the intention behind our actions.

Max the monkey and Zara the zebra decided to start a 'Kindness Advent' in their forest. Instead of receiving gifts, they spent each day of December completing a secret act of service for others. Max helped a tired squirrel gather extra acorns, while Zara painted colourful signs to brighten up the gloomy path near the river. They soon realised that the feeling of giving was far more rewarding than any treat they could have received.

Word bank: Empathy · Altruism · Community · Impact · Consideration · Generosity · Perspective · Wellbeing

1. Define the term 'altruism' and explain how Max and Zara's actions demonstrate this concept. (2 marks)

2. Why might a 'Kindness Advent' have a greater positive impact on a community than a traditional advent calendar filled with sweets? Justify your answer. (3 marks)

3. Identify two potential challenges someone might face when trying to perform an act of kindness. How could they overcome these? (4 marks)

4. Explain why it is important to consider the recipient's perspective before performing an act of kindness. (3 marks)

5. Compare and contrast a 'random act of kindness' with a 'planned act of kindness'. Which do you think is more valuable and why? (4 marks)

6. Imagine a classmate is feeling lonely during the lunch break. Create a detailed plan of three kind actions you could take to support them, explaining the reasoning behind each choice. (5 marks)

7. What might happen to the culture of a classroom if every student committed to one act of kindness every day for a month? Predict the long-term effects. (4 marks)

Draw: Draw a scene featuring Max and Zara performing a secret act of kindness for another forest creature. Include one detail in your drawing that shows you have considered the 'hidden' nature of their task.



Extension challenge: Reflect on a time you witnessed an act of kindness. Write a short, persuasive paragraph explaining how that action changed the atmosphere of the situation. Total: /25