

The Kindness Advent Challenge

Learning objective: To understand the impact of small, consistent acts of kindness on our community and to develop a plan for inclusive, prosocial behaviour.

Read each question carefully and reflect on how your actions affect the people around you. Use the word bank to help you construct your answers.

Word bank: Empathy · Compassion · Community · Inclusion · Altruism · Gratitude · Perspective · Impact

1. Max the monkey believes that kindness is like a mathematical equation: the more you give, the more the total increases. Explain why acting with kindness towards someone you don't usually talk to might change the atmosphere in your classroom. (3 marks)

2. Zara the zebra notices patterns in how people feel. Describe a scenario where a small act of kindness—such as sharing stationery or offering a sincere compliment—could create a 'ripple effect' of positivity in your school. (3 marks)

3. If you were designing a 'Kindness Advent' calendar, you would need to budget for supplies. If you spent £2.50 on a packet of thank-you cards and £3.25 on stickers to decorate them, how much have you spent in total? Why is the time you spend writing the cards more valuable than the money spent? (3 marks)

4. Compare and contrast 'random acts of kindness' with 'planned acts of kindness'. Justify which one you believe has a greater long-term impact on a person's wellbeing. (4 marks)

5. What might happen if everyone in your school decided to perform one act of kindness every day for a week? Describe the potential changes to your school's 'community spirit'. (3 marks)

Draw: Draw your own 'Kindness Advent' tree. On each branch, illustrate one way you could show kindness to a friend, a teacher, or a family member during the festive season.



Extension challenge: Design a 24-day Kindness Advent plan. For each day, create an action that costs £0.00 but provides significant emotional value to someone else. Write a short persuasive paragraph explaining why these non-monetary gifts are essential for building strong, healthy relationships.