

My Kindness Advent Journey

Learning objective: To reflect on the importance of kindness and community by planning a sequence of thoughtful actions.

Use this writing frame to plan your own 'Kindness Advent'. Think about how small, positive actions can impact the people around you. Use your word bank to add detail and connect your ideas.

As the winter season begins, I have decided to embark on a Kindness Advent to spread joy within my community.

Word bank: furthermore · consequently · altruistic · thoughtfully · in addition · nevertheless · considerate · impact · generosity · beneficial

1. Introduction: What is the main purpose of your Kindness Advent, and why is it important to be kind to others during this time of year? Start with: 'My goal for this Kindness Advent is to...' (2 marks)

2. The First Week: Describe two specific, kind actions you will take. Explain why you chose these particular acts. Start with: 'During the first week, I plan to...', 'This is significant because...' (3 marks)

3. The Power of Words: How can a kind word or a compliment change someone's day? Explain how you will use positive communication. Start with: 'Kind words possess the power to...', 'I intend to use this by...' (3 marks)

4. Overcoming Challenges: What might happen if you find it difficult to be kind when you are feeling tired or grumpy? How will you overcome this? Start with: 'If I struggle to remain patient, I will...', 'Justify your answer by explaining...' (4 marks)

5. Comparing Kindness: Compare and contrast doing a kind act for a friend versus doing a kind act for a stranger. Which do you think has a greater impact? Start with: 'While helping a friend is..., helping a stranger...', 'I believe the impact is greater because...' (4 marks)

6. Reflection: How might your Kindness Advent influence others to be kind as well? Start with: 'By acting with kindness, I hope to encourage others to...', 'Furthermore, I believe that...' (2 marks)

Extension challenge: Design a 'Kindness Calendar' grid for the month. Write one short, altruistic goal for each day. Then, write a paragraph justifying why you believe your chosen actions will create the most positive atmosphere in your classroom or home.