

The Kindness Advent Challenge

Learning objective: To understand the impact of small, intentional acts of kindness on personal wellbeing and community spirit.

Read the text carefully and answer the questions below in full sentences.

As December arrived, Max the monkey noticed that the forest felt a bit grey and gloomy. Wanting to brighten the mood, he gathered his friends to start a 'Kindness Advent'. Instead of receiving gifts, the group decided to perform one selfless act every day until the end of the month. On the first day, Pip the caterpillar spent time helping a younger beetle find its way home. The next day, Nova the owl wrote encouraging notes for those who felt lonely, tucking them into the branches of the ancient oak tree. Ellie the elephant used her excellent memory to recall a joke for every friend she met, ensuring everyone had a reason to smile. By the time they reached the middle of the month, the forest was buzzing with laughter and warmth. The friends discovered that kindness acts like a ripple in a pond; one small, thoughtful gesture inspires others to be kind too. This advent wasn't about spending £1 or £2 on presents, but about giving their time and attention to make their community a much happier place for everyone.

Word bank: intentional · community · wellbeing · generosity · empathy

1. Why did Max the monkey decide to start a 'Kindness Advent'? (2 marks)

2. List two specific acts of kindness performed by the characters in the text. (2 marks)

3. What does the phrase 'kindness acts like a ripple in a pond' suggest about how kindness spreads? (2 marks)

4. Based on the text, why might the friends feel happier by the middle of the month? (2 marks)

5. Do you agree that giving time is more valuable than giving expensive gifts? Explain your reasoning. (3 marks)

Draw: Draw a scene showing one of the characters performing a kind act in the forest. Include a 'Kindness Advent' calendar hanging on a tree branch.



Extension challenge: Design your own 5-day Kindness Advent calendar. Write down one simple, free act of kindness you could perform each day to help someone in your school or home.