

The Kindness Advent Challenge: A PSHE Quiz

Learning objective: To understand the importance of empathy, community, and positive actions during the advent season.

Read each question carefully and select the best answer. Reflect on how your small actions can make a big difference to others!

Answer Key: 1(B), 2(True), 3(True), 4(C), 5(A), 6(False), 7(Support), 8(C), 9(True), 10(Kindness).

Word bank: Empathy · Generosity · Kindness · Advent · Community · Support · Gratitude · Respect

1. 1. Max is planning a 'Kindness Advent'. What is the primary purpose of this? A) To get as many presents as possible. B) To perform a small act of kindness each day. C) To eat lots of chocolate. D) To see who can make the best list. (*B) (1 mark)

2. 2. True or False: Acts of kindness, such as holding a door open or giving a genuine compliment, are free to give but have a big impact. (True) (1 mark)

3. 3. True or False: Being kind to yourself is just as important as being kind to others during the busy festive season. (True) (1 mark)

4. 4. Pip wants to help a neighbour. Which is the most thoughtful action? A) Buying them a £50 gift. B) Posting an anonymous note. C) Offering to help them with a task like tidying the garden. D) Ignoring them. (*C) (1 mark)

5. 5. If someone is feeling left out at breaktime, what is the best way to show empathy? A) Invite them to join your game. B) Tell them to go away. C) Ignore them. D) Only talk to your best friends. (*A) (1 mark)

6. 6. True or False: You should only be kind if you expect a reward or a gift in return. (False) (1 mark)

7. 7. Fill in the blank: When you help a friend who is struggling with their maths homework, you are showing them _____. (1 mark)

8. 8. Zara notices a classmate dropped their pencil case. What is the most respectful thing to do? A) Laugh at them. B) Walk past. C) Pick it up and hand it back to them. D) Tell the teacher it was their fault. (*C) (1 mark)

9. 9. True or False: Kindness can help build a stronger, happier community at school. (True) (1 mark)

10. 10. What is the one-word 'K' term for the quality of being friendly, generous, and considerate? (1 mark)

Draw: Draw a 'Kindness Tree'. On each branch, draw or write a small act of kindness you could do for a friend or family member during the month of December.



Extension challenge: Write a short poem, in the style of Leo the Lion, about how one small act of kindness can start a 'ripple effect' of happiness in your classroom.