

Kindness: The Heart of Our Community

Learning objective: To understand the impact of kindness, recognise empathy, and identify how small actions contribute to a positive and inclusive environment.

Read each flashcard carefully. Think about how the concept applies to your daily life at school and home. Use these to test your knowledge with a partner.

Empathy

The ability to understand and share the feelings of another person by imagining how they might feel in a specific situation.

Random Act of Kindness

A selfless, unexpected gesture performed to make someone else feel better or to brighten their day.

Inclusion

The practice of ensuring everyone feels welcome, valued, and part of the group, regardless of their differences.

Compassion

A feeling of concern for others, accompanied by a genuine desire to help and alleviate their distress.

Active Listening

Giving your full attention to someone when they are speaking, showing you value their thoughts and feelings.

Supportive Feedback

Offering kind and encouraging words to help someone improve or feel confident in their efforts.

Mutual Respect

Treating others with the same level of kindness and consideration that you would like to be treated with yourself.

Resilience

The ability to remain kind and positive even when facing personal challenges or difficult social situations.

The Ripple Effect

The idea that one small act of kindness can inspire others to be kind, creating a chain reaction that spreads through a community.

Conflict Resolution

Using calm words and kindness to solve a disagreement, focusing on finding a fair solution for everyone involved.

Constructive Kindness

Choosing to be helpful rather than critical, especially when someone has made a mistake.

Community Spirit

The feeling of belonging and shared responsibility that grows when members of a group look out for one another.