

The Kindness Quest: A Class 4 PSHE Challenge

Learning objective: To identify, demonstrate, and reflect upon the impact of kind actions and positive relationships within our school community.

Join Leo the Lion and his friends on this Kindness Quest! Read each question carefully and circle the best answer. Remember, kindness is a skill we practise every single day.

Answer Key: 1.C, 2.True, 3.Listening, 4.B, 5.True, 6.Collaboration, 7.A, 8.False, 9.Compassion, 10.B.

Guidance: Encourage pupils to justify their answers in Q6 and Q9 by linking them to personal experiences.

Word bank: Empathy · Respect · Support · Inclusion · Gratitude · Compassion · Collaboration

1. 1. Leo the Lion notices a classmate sitting alone at break time. What is the most empathetic action he could take? A) Ignore them to keep playing. B) Tell them to go away. C) Invite them to join his group for a game. D) Take their lunch. (Select one: *) (1 mark)

2. 2. True or False: Showing kindness can have a positive impact on both the person giving it and the person receiving it. (1 mark)

3. 3. What is the one-word term for giving someone your full attention when they are speaking, without interrupting? (1 mark)

4. 4. If a friend makes a mistake during a maths game, what is the best way to show respect? A) Laugh at them. B) Encourage them to try again. C) Tell the teacher they are bad at maths. D) Stop being their friend. (Select one: *) (1 mark)

5. 5. True or False: Kind words can be just as powerful as kind actions. (1 mark)

6. 6. Fill in the blank: Working together with others to achieve a shared goal in a friendly way is called _____. (1 mark)

7. 7. You see someone drop their school bag and their books scatter. What is the kindest thing to do? A) Help them pick up their books immediately. B) Walk past and wait for the teacher. C) Point and laugh. D) Ask them why they were so clumsy. (Select one: *) (1 mark)

8. 8. True or False: You should only be kind to people who are your best friends. (1 mark)

9. 9. What is the term for the feeling of wanting to help someone who is sad or struggling? (1 mark)

10. 10. Max the Monkey wants to share his snacks. If he has £2.00 and buys a pack of fruit for £1.20, how much change does he have, and how does sharing it demonstrate kindness? A) 80p; it shows he is rich. B) 80p; it shows generosity and care for others. C) 90p; it shows he likes fruit. D) 70p; it shows he is hungry. (Select one: *) (1 mark)

Draw: Draw a scene where Leo the Lion and his friends are performing an act of kindness in the school playground. Include at least three different ways they are showing care for one another.



Extension challenge: Greater Depth Questions: 1. Explain why kindness is considered a foundation for a successful community. 2. Compare and contrast 'being polite' with 'being truly kind'. 3. Justify your answer: Is it possible to be kind to someone you disagree with? How? 4. What might happen if everyone in your school performed one random act of kindness every day for a week? 5. Create a 'Kindness Code' of five rules for your classroom. 6. Design a plan for a project where your class could use £10.00 to spread kindness in your local community.