Kindness Quest: A PSHE Challenge with Max and Pip

Learning objective: To understand the importance of kindness, empathy, and positive relationships within the school and wider community.

Join Max the monkey and Pip the caterpillar on this kindness journey! Read each question carefully and circle the best answer. Remember, kindness is a superpower!

Answer Key: 1.C, 2.True, 3.False, 4.B, 5.True, 6.Compliment, 7.A, 8.False, 9.Empathy, 10.B. --- Kindness is defined as the quality of being friendly, generous, and considerate. Showing kindness helps build a positive community where everyone feels valued and safe.

Word bank: Empathy · Inclusive · Resilience · Supportive · Respect · Gratitude · Compassion

1. 1. Max sees someone sitting alone at lunch. What is the kindest thing to do? A) Ignore them B) Wait for them to leave C) Invite them to sit with your group* D) Tell them to go away (1 mark)

2. 2. True or False: Kindness can be shown through small actions like holding a door open or sharing a pencil. (1 mark)

3. 3. True or False: It is only important to be kind to people you are already friends with. (1 mark)

4. 4. Pip says that 'Empathy' means: A) Being very fast B) Understanding how someone else feels* C) Being a good reader D) Collecting words (1 mark)

5. 5. True or False: Offering a sincere apology when you have made a mistake is an act of kindness. (1 mark)

6. 6. What is the word for saying something nice to someone to make them feel good about themselves? (1 word answer) (1 mark)

7. 7. If you see someone being unkind to another child, what should you do? A) Tell a trusted adult immediately* B) Laugh along C) Walk away and do nothing D) Join in (1 mark)

8. 8. True or False: Being kind means you have to spend lots of money on gifts for people. (1 mark)

9. 9. What is the name for the feeling of being thankful for the good things in your life? (1 word answer) (1 mark)

10. 10. Which of these is an example of being 'inclusive'? A) Only playing with your best friend B) Making sure everyone is invited to join in the game* C) Leaving people out D) Choosing teams based on who is the fastest (1 mark)

Draw: Draw a 'Kindness Tree'. On the leaves, write or draw three kind things you have done for someone else this week.

Extension challenge: Write a short poem, in the style of Leo the lion, about how one small act of kindness can create a ripple effect in your school community.