

Growing Kindness with Pip and Leo

Learning objective: To understand the impact of kind actions on ourselves and others, and to identify how small, intentional acts contribute to a positive community.

Read each question carefully. Use your own experiences and the examples provided by our friends Pip the caterpillar and Leo the lion to help you answer. Think about how your actions can make a difference at school and at home.

Kindness is more than just being nice; it is about showing empathy and taking action to help others feel valued. When Pip shares a new word with a friend, or Leo listens carefully to someone who is feeling sad, they are building a stronger community. Kindness can be small, like holding a door open, or big, like standing up for someone who is being treated unfairly. It makes the person giving the kindness feel happy, and the person receiving it feel safe and cared for.

Word bank: Empathy · Compassion · Supportive · Inclusion · Respect · Generosity · Well-being · Community

1. Pip likes to share new words with friends. Explain why sharing knowledge or time with someone else is considered an act of kindness. (2 marks)

2. Leo the lion says that listening is a 'brave' form of kindness. Why might listening to a friend who is upset be more difficult than just talking? (2 marks)

3. Imagine a classmate is sitting alone during lunch. Based on your knowledge of building a positive community, describe two specific actions you could take to include them. (3 marks)

4. Kindness can sometimes cost money, but often it is free. If you had £5 to spend on a 'Kindness Project' for your class, what would you buy and why? (2 marks)

5. Define the word 'Empathy' in your own words. How does feeling empathy help you decide to be kind to someone? (2 marks)

Draw: Draw a 'Kindness Tree'. In the roots, draw the qualities that help you be kind (like ___ patience or honesty). On the branches, draw pictures of kind actions you have done or seen this week.



Extension challenge: Write a short poem or a 'Kindness Charter' consisting of three promises you will make to help make your classroom a more supportive place to learn.