

The Kindness Advent Calendar Challenge

Learning objective: To understand the impact of intentional kindness and plan actions that contribute positively to the school and home community.

Max the monkey has been busy calculating the 'Kindness Quotient' of the school. He has designed a 12-day Kindness Advent challenge. For each day, read the scenario and propose an act of kindness that fits the criteria. Ensure your chosen actions are realistic, free, and demonstrate empathy for others.

Word bank: Empathy · Community · Generosity · Gratitude · Support · Inclusion · Thoughtfulness · Altruism

1. Day 1: A new pupil has joined your class and is sitting alone at lunch. Explain why it is important to include them, and describe one specific action you could take to make them feel welcome. (2 marks)

2. Day 4: You notice the school caretaker working hard to clear leaves in the rain. Justify why acknowledging their effort is a form of kindness, and suggest a small gesture to show appreciation. (2 marks)

3. Day 7: Someone in your class has made a mistake during a maths lesson and feels embarrassed. Compare and contrast how you could react to make them feel better versus how you might react if you were not being kind. (2 marks)

4. Day 9: Your sibling or a family member has had a very long, tiring day. Describe how your act of kindness could change the atmosphere in your home. (2 marks)

5. Day 11: Imagine you have £5 pocket money. How could you use this money—or your time—to help someone in need within your local community? Justify your choice. (2 marks)

6. Day 12: Reflect on the past 11 days. What might happen to the 'community spirit' of your classroom if every pupil completed one act of kindness every single day? (2 marks)

Draw: Draw a 'Kindness Tree'. On the branches, draw the acts of kindness you have planned for your 12-day advent calendar as if they were colourful baubles or decorations.



Extension challenge: Design a 'Kindness Contract' for yourself. Write three promises about how you will continue to show empathy and support to those around you even after the 12 days are over. Explain how you will overcome any obstacles that might stop you from being kind.