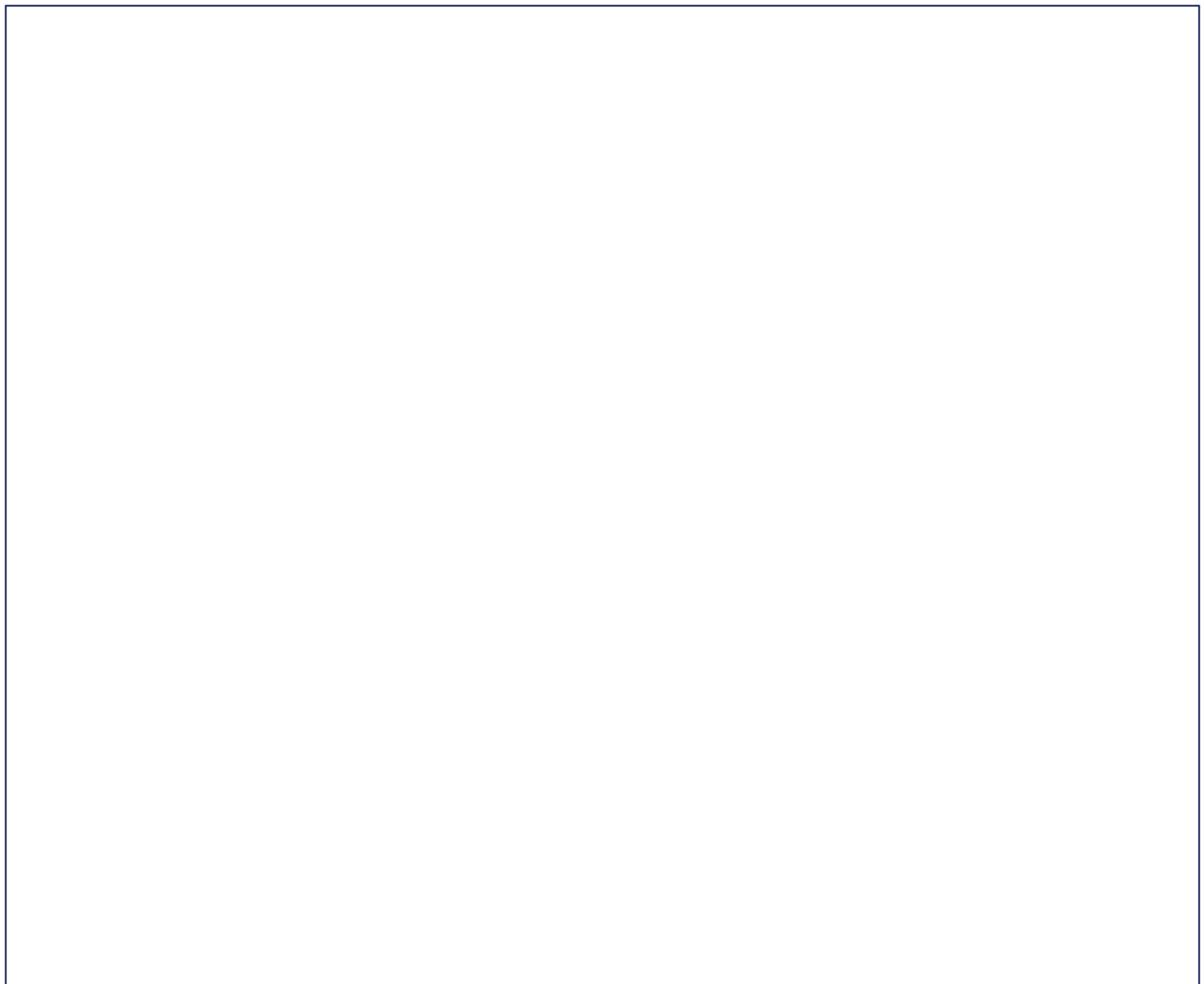


The Kindness Advent Mural

Learning objective: To understand the impact of small, consistent acts of kindness and to express how community spirit builds a positive environment.

In this activity, you will design a 'Kindness Advent' mural. Instead of opening doors to find chocolates, imagine your mural represents 24 acts of kindness that help your school or local community bloom. Follow the steps below to complete your masterpiece.

Draw: Draw a large, beautiful tree in the centre of the page. This is your 'Kindness Tree'. On the branches, draw 24 small hanging decorations (like baubles or stars). Inside each decoration, draw a tiny symbol representing an act of kindness (e.g., a heart for sharing, a broom for helping clean, a speech bubble for listening). Surround the tree with flowers and sunshine to show how kindness helps things grow. Use bright, warm colours to make the scene feel inviting and joyful.



Label words: Compassion · Empathy · Inclusion · Generosity · Support · Cooperation · Gratitude · Respect

Steps:

1. Step 1: Choose three acts of kindness (e.g., helping a friend, picking up litter, or writing a thank-you note). Explain why these small actions are vital for building a happy community.
2. Step 2: Label your drawing with words from the word bank. Justify your choice of labels: why does

'Inclusion' matter when you are planning a kindness activity?

3. Compare and contrast: How does a physical act of kindness (like sharing a pencil) differ in impact from a verbal act of kindness (like giving a compliment)?
4. What might happen if everyone in our school performed one act of kindness every single day for a month? Predict the change in the school's atmosphere.
5. Explain why it is important to be kind to people you do not know very well, as well as your close friends.