

## The Kindness Advent Challenge

*Learning objective: To understand the impact of small, consistent acts of kindness on our community and to develop a plan for inclusive, prosocial behaviour.*

Read each question carefully and reflect on how your actions affect the people around you. Use the word bank to help you construct your answers.

*Word bank: Empathy · Compassion · Community · Inclusion · Altruism · Gratitude · Perspective · Impact*

**1. Max the monkey believes that kindness is like a mathematical equation: the more you give, the more the total increases. Explain why acting with kindness towards someone you don't usually talk to might change the atmosphere in your classroom. (3 marks)**

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**2. Zara the zebra notices patterns in how people feel. Describe a scenario where a small act of kindness—such as sharing stationery or offering a sincere compliment—could create a 'ripple effect' of positivity in your school. (3 marks)**

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**3. If you were designing a 'Kindness Advent' calendar, you would need to budget for supplies. If you spent £2.50 on a packet of thank-you cards and £3.25 on stickers to decorate them, how much have you spent in total? Why is the time you spend writing the cards more valuable than the money spent? (3 marks)**

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**4. Compare and contrast 'random acts of kindness' with 'planned acts of kindness'. Justify which one you believe has a greater long-term impact on a person's wellbeing. (4 marks)**

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**5. What might happen if everyone in your school decided to perform one act of kindness every day for a week? Describe the potential changes to your school's 'community spirit'. (3 marks)**

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**Draw: Draw your own 'Kindness Advent' tree. On each branch, illustrate one way you could show kindness to a friend, a teacher, or a family member during the festive season.**



*Extension challenge: Design a 24-day Kindness Advent plan. For each day, create an action that costs £0.00 but provides significant emotional value to someone else. Write a short persuasive paragraph explaining why these non-monetary gifts are essential for building strong, healthy relationships.*