

PSHE Assessment: The Power of Kindness

Learning objective: To understand the impact of kindness, how to demonstrate empathy, and the importance of positive community contributions during a 'Kindness Advent'.

Read each question carefully. Answer in full sentences where required. Ensure your handwriting is clear and your responses reflect the values of respect, empathy, and kindness.

Max the monkey and Ellie the elephant decided to lead a 'Kindness Advent' in their forest school. Instead of counting down to a holiday with gifts, they decided to complete one act of kindness every single day. Max calculated that if every one of the 20 students performed one kind act each day for 24 days, the community would receive 480 acts of kindness. Ellie reminded everyone that kindness isn't just about big gestures; it is about listening, including others in games, and speaking with gentle words.

Word bank: Empathy · Compassion · Community · Altruism · Perspective · Wellbeing · Inclusive · Responsibility

1. Using the passage, explain why Max and Ellie chose to focus on 'acts of kindness' rather than material gifts. (2 marks) (2 marks)

2. Define the term 'empathy' and explain how it helps someone during a Kindness Advent. (3 marks) (3 marks)

3. Max calculated that 20 students doing 1 act of kindness a day for 24 days equals 480 acts. If the school added 5 more students to the group, how many total acts of kindness would be completed over the 24 days? Show your working. (4 marks) (4 marks)

4. Give two examples of 'small' acts of kindness that do not cost any money but could significantly improve someone's wellbeing. (4 marks) (4 marks)

5. Why might some people find it difficult to be kind when they are feeling tired or frustrated? How can we overcome these barriers? (7 marks) (7 marks)

6. Extended Writing: Design a Kindness Advent plan for your own classroom. Include at least three specific ideas and explain how each one contributes to a positive school community. (5 marks) (5 marks)

Draw: Draw a 'Kindness Tree'. On the branches, illustrate four different ways you could show kindness to your classmates or teachers during the month of December.



Extension challenge: Total: /25. Challenge: Research a historical figure known for their altruism and write one paragraph explaining how their actions changed their community for the better.