

Kindness Advent: Spreading Joy

Learning objective: To understand the importance of kindness and how small, intentional actions can positively impact our community during the festive season.

Read each card to discover a way to show kindness. Reflect on how these actions make both the giver and the receiver feel.

Pip the caterpillar wants to show kindness to a neighbour. What is one example of an act of service?

Helping someone with their shopping, tidying a communal space, or offering to help with a task.

What does 'Empathy' mean in the context of our Kindness Advent?

Empathy is the ability to understand and share the feelings of another person.

Max the monkey suggests a 'Kindness Budget'. If you have £5.00, how could you use it to help someone else?

Buying a small treat for a friend, donating to a food bank, or purchasing supplies for an animal shelter.

Why is 'Gratitude' an important part of being kind?

Showing gratitude helps us appreciate what others do for us and encourages more positive interactions.

Ellie the elephant believes in 'Active Listening'. How is listening a form of kindness?

Giving someone your full attention makes them feel valued, heard, and respected.

What is the 'ripple effect' of a kind act?

One kind action can inspire others to be kind, creating a positive chain reaction in the community.

Zara the zebra suggests creating a handmade card. Why is this more meaningful than a shop-bought gift?

It shows you have spent time, effort, and creative thought specifically for that person.

How can you show kindness to yourself during the busy festive period?

Resting when tired, eating healthy food, and spending time doing things you enjoy.

Bea the bee says: 'Kindness makes the hive stronger.' What does this mean for your classroom?

A kind environment makes everyone feel safe, included, and more ready to learn together.

Kit the fox loves clever solutions. How can you include someone who is playing alone at break time?

By inviting them to join your game or simply asking them how their day is going.

Leo the lion writes poetry. How can writing a positive note to a friend change their day?

It provides encouragement, boosts confidence, and lets them know they are appreciated.

Nova the owl asks: Can kindness cost money?

No, many acts of kindness like smiling, helping, or being a good friend are free.