

The Kindness Advent Challenge with Max and Ellie

Learning objective: To understand the importance of empathy, community, and the positive impact of small, intentional acts of kindness throughout the festive season.

Read each question carefully and think about how you can contribute to the wellbeing of others in your school and home community. Answer in full sentences where possible.

Max the monkey and Ellie the elephant are planning a 'Kindness Advent'. Instead of receiving gifts, they want to give one small act of kindness every day to make their forest community feel happier and more supported. They believe that kindness costs nothing but is worth a great deal.

Word bank: Empathy · Community · Generosity · Inclusion · Wellbeing · Thoughtfulness · Compassion

1. Max thinks that kindness is like a maths puzzle where the answer is always a smile. Why might a small act of kindness, such as helping a friend tidy their desk, have a big impact on someone's day? (2 marks)

2. Ellie wants to ensure that everyone in the school feels included. Suggest two specific, kind actions you could perform for a classmate who is sitting alone at lunch. (2 marks)

3. Sometimes, kindness involves a financial cost, but often it does not. If you wanted to help a local charity using only £2.00 of your own money, what simple item or donation could you provide to help someone in need? (1 mark)

4. How does showing empathy—trying to understand how someone else feels—help you decide what kind of help or support they might need? (2 marks)

5. Create a 'Kindness Advent' plan for three days. List three different, non-monetary things you could do for your family or teachers to show appreciation. (3 marks)

Draw: Draw a scene showing Max the monkey and Ellie the elephant working together to create a 'Kindness Tree' where each leaf represents a kind act they have performed for someone else.



Extension challenge: Write a short, heart-felt letter to a member of your community—a neighbour, a grandparent, or a local volunteer—explaining why you appreciate them and describing one act of kindness you have planned for them.