

The Power of Kind Acts: A Reflective Writing Frame

Learning objective: To understand the impact of kindness on ourselves and our community, and to articulate how small actions can create positive change.

Read the opening passage carefully. Use the word bank to help you express your thoughts clearly. Answer the questions in full, detailed sentences, focusing on the feelings and consequences of kind behaviour.

Kindness is more than just a polite gesture; it is a powerful thread that weaves our community together, turning strangers into friends and difficult days into brighter ones.

Word bank: compassion · empathy · consequently · furthermore · significant · selfless · perspective · uplifting · impact · altruism

1. Define what kindness means to you in your own words. Why is it important to demonstrate empathy towards others even when we find it challenging? (3 marks)

2. Describe a time you witnessed or performed an act of kindness. Explain why that specific moment was significant to those involved. (3 marks)

3. Compare and contrast 'being kind because you have to' versus 'being kind because you want to'. Which approach do you think has a greater impact and why? (4 marks)

4. How might a single, small act of kindness create a 'ripple effect' throughout a whole school or neighbourhood? Justify your reasoning. (4 marks)

5. What might happen if someone consistently chose to be unkind? Explain the potential consequences this could have on a community's wellbeing. (3 marks)

6. If you could design a 'Kindness Campaign' for your school, what would be your main message and how would you encourage others to join in? (3 marks)

Extension challenge: Write a persuasive letter to our character Leo the Lion, explaining why he should implement a 'Kindness Morning' in his pride. Use at least three of the vocabulary words provided in your argument to convince him of the long-term benefits.