

The Kindness Advent Challenge

Learning objective: To understand the importance of acts of kindness and their impact on personal wellbeing and the school community.

Read each flashcard to learn about the 'Kindness Advent' challenge. Use these cards to reflect on how small, positive actions can create a supportive environment for everyone.

What is an 'Act of Kindness'?

An intentional, positive action performed to help or brighten the day of another person without expecting anything in return.

Why is 'Gratitude' a key part of the Kindness Advent?

Gratitude is the quality of being thankful, which helps us recognize the good things others do for us and improves our own happiness.

Define 'Empathy' in the context of helping a friend.

Empathy is the ability to understand and share the feelings of another person, allowing us to offer the right kind of support.

How does 'Inclusion' create a kinder school environment?

Inclusion means ensuring everyone feels welcome and valued, which prevents people from feeling lonely or left out.

What is the 'ripple effect' of kindness?

When one person performs a kind act, it often inspires the recipient and observers to be kind to others, spreading positivity throughout the community.

Why is 'Compassion' different from just being 'polite'?

Being polite follows social rules, whereas compassion involves a genuine desire to alleviate someone else's distress or difficulty.

Give an example of a 'Low-Cost Kindness' act.

Acts like writing a thank-you note, giving a sincere compliment, or holding a door open cost £0 but have a high emotional value.

How does contributing to a 'Community' benefit the individual?

Being part of a supportive community increases our sense of belonging and helps us feel safer and more confident.

What does 'Altruism' mean?

Altruism is the selfless concern for the wellbeing of others, even when it requires personal effort or time.

Reflect: Why is it important to be kind to yourself as well as others?

Self-kindness ensures we have the emotional energy and mental health to be supportive and patient with those around us.