

Max and Leo's Kindness Advent Challenge

Learning objective: To understand that kindness is a series of small, intentional actions that build positive relationships and support the wellbeing of others within our community.

Max the monkey and Leo the lion believe that kindness is like a puzzle—it works best when we put all the pieces together. Below is a list of potential kindness actions. Sort these actions into the correct 'Kindness Category' (Self, Friends, or Community). Then, write your own original act of kindness for each category to complete your Advent plan.

Word bank: Active listening · Writing a thank-you note · Eating a healthy snack · Picking up litter in the park · Giving a sincere compliment · Getting enough sleep · Donating unwanted clothes · Sharing a book

1. Sort the word bank items into the three categories: 'Kindness to Self', 'Kindness to Friends', and 'Kindness to Community'. (6 marks)

2. Why do you think Max the monkey says that kindness to yourself is just as important as kindness to others? (2 marks)

3. If you wanted to show kindness to a new student in your class, which action from the list would you choose and why? (2 marks)

4. Suggest one creative way you could show kindness to a neighbor that doesn't cost any money (e.g., £0.00). (2 marks)

5. Leo the lion suggests that kindness is a habit. How can performing small acts of kindness daily change the atmosphere of a classroom? (2 marks)

Draw: Draw a 'Kindness Tree'. On the branches, draw or write the names of the people you intend to show kindness to during your Kindness Advent, and draw leaves representing the specific acts you have chosen.



Extension challenge: Design a 'Kindness Voucher' booklet that you can give to friends or family. Each voucher should represent a specific helpful action they can 'redeem', such as 'One free tidy-up of the living room' or 'One ten-minute reading session'.