

My Kindness Advent Plan with Pip the Caterpillar

Learning objective: To understand how small, consistent acts of kindness can positively impact a community and to plan personal goals for a kindness-focused advent period.

Pip the bookworm caterpillar believes that every word and every action counts. Use this template to plan your own 'Kindness Advent'. For each section, think of a specific, achievable act of kindness you can perform at home, at school, or in your neighborhood. Aim to be thoughtful, helpful, and inclusive.

Word bank: empathy · considerate · supportive · community · generosity · thoughtful · gratitude · positive · cooperation · friendship

1. Acts of Kindness at Home: Describe three small things you can do to help your family during the advent period. How will these actions make your home a happier place? (3 marks)

2. Supporting my School Community: Think of a classmate or a member of staff who might appreciate a kind gesture. What could you do or say to brighten their day? (2 marks)

3. Acts of Self-Kindness: Kindness isn't just for others. List two ways you can be kind to yourself during this busy time of year to ensure you stay happy and healthy. (2 marks)

4. The Ripple Effect: If you perform one act of kindness every day, how might that change the atmosphere in your classroom by the end of the month? (3 marks)

5. Reflecting on Challenges: What is one barrier that might stop you from being kind, and how can you overcome it using the 'Kindness Advent' mindset? (2 marks)

Extension challenge: Choose one act of kindness from your plan and carry it out this week. Write a short reflection in your diary about how the person reacted and how it made you feel.