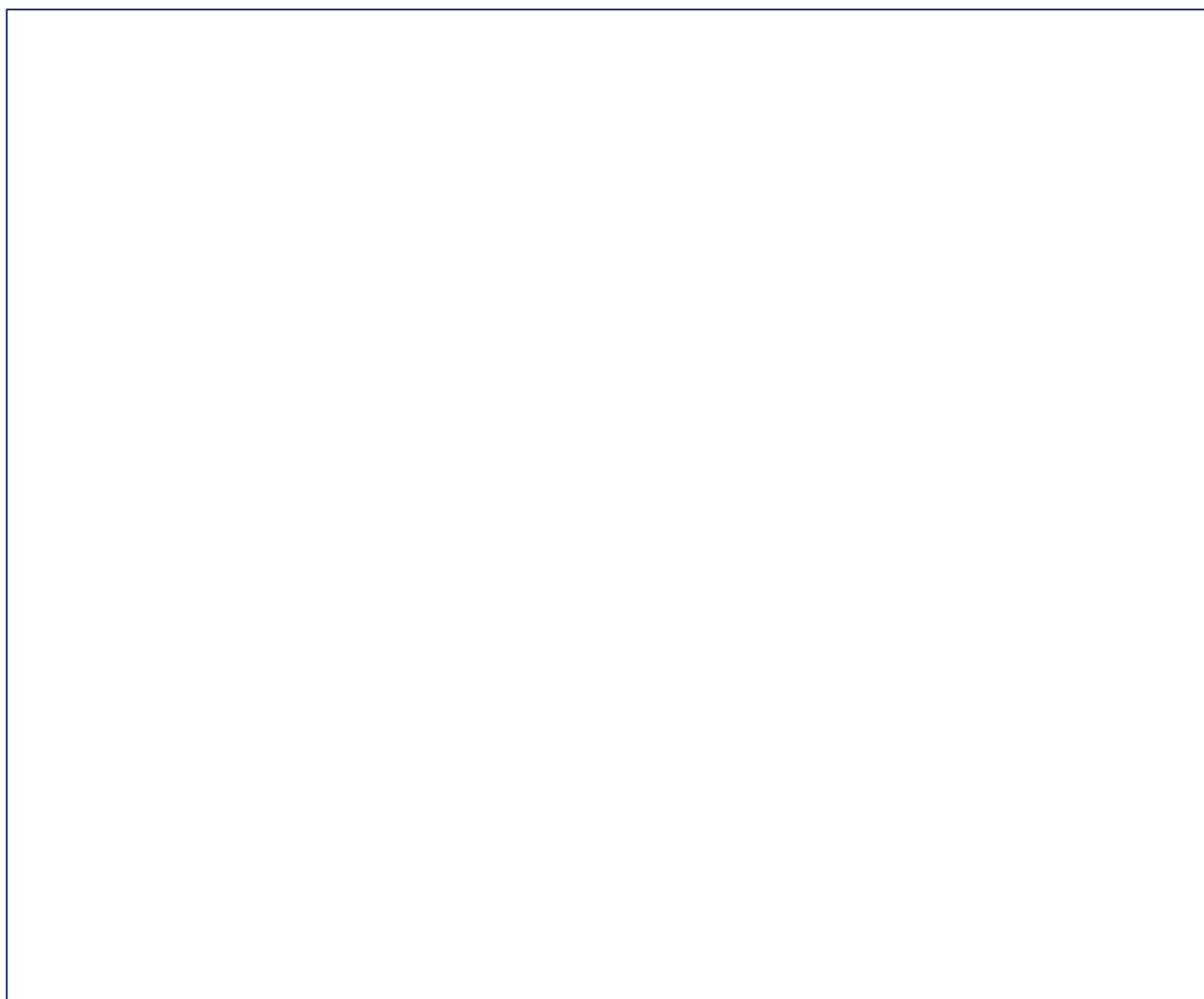


The Kindness Garden: A PSHE Activity

Learning objective: To identify and illustrate acts of kindness and understand their positive impact on our community and personal wellbeing.

In this activity, you will design a 'Kindness Garden'. Think about how kind actions can grow and spread like flowers. Use the space below to draw your garden, incorporating the elements described in the drawing prompt.

Draw: Draw a large, vibrant garden scene. In the center, draw a 'Kindness Tree' where the leaves are shaped like hearts. Around the tree, draw flowers or bushes that represent different acts of kindness (for example, a 'sharing' sunflower or a 'listening' lily). Include Pip the caterpillar crawling along a branch, helping a smaller insect. Use bright, warm colors and ensure your labels from the word bank are neatly written next to the elements they represent.



Label words: Support · Empathy · Friendship · Respect · Gratitude · Generosity · Compassion · Inclusion

Steps:

1. Explain why performing a small, selfless act of kindness can make both the giver and the receiver feel more positive.
2. Compare and contrast 'kindness' with 'politeness'. How are they similar, and how might they differ in

practice?

3. Justify your choice of symbols for your Kindness Garden. Why did you choose specific plants or objects to represent kindness?
4. What might happen if someone in a community decided to perform one random act of kindness every single day for a week?
5. Label three areas of your drawing with words from the word bank that best describe the 'growth' of kindness.
6. How can showing kindness help to resolve a disagreement between two friends? Provide an example.