

The Kindness Compass: A Reflective Diary Entry

Learning objective: To understand the impact of kindness on others and to evaluate how small, deliberate actions can positively influence our school community.

Think about a time this week when you witnessed or performed an act of kindness. Use this template to explore how that action made you and others feel. Consider the perspective of the people involved and explain why kindness is essential for a happy community.

Word bank: empathy · compassion · supportive · considerate · positive impact · generosity · community · wellbeing

1. The Act of Kindness: Describe what happened. Who was involved and what specific action was taken? (2 marks)

2. Emotional Impact: How do you think the person who received the kindness felt? Explain the emotions they might have experienced. (3 marks)

3. Justify Your Answer: Why is it important to show kindness to people we might not know very well? Give a reason for your opinion. (3 marks)

4. Compare and Contrast: How does a kind environment differ from an environment where people are unkind? Think about how it changes the way people learn and play. (4 marks)

5. Predicting Outcomes: What might happen to our classroom community if everyone performed one deliberate act of kindness every single day? (3 marks)

6. Personal Reflection: How did performing or witnessing this act change your own mood or perspective on the day? (2 marks)

Extension challenge: Design a 'Kindness Campaign' poster. Write a persuasive paragraph explaining why your school should adopt a new kindness initiative, using ambitious vocabulary to convince your peers and teachers of its benefits.