

The Kindness Chain Reaction

Learning objective: To understand how individual acts of kindness create a positive impact on our school community and wellbeing.

Leo the Lion believes that one small act of kindness starts a chain reaction that can change the whole day. Read each scenario below. Decide if the action is a 'Kindness Spark' (a positive action) or a 'Kindness Blocker' (an action that stops the chain). If it is a Blocker, rewrite it to turn it into a Spark.

Word bank: Empathy · Community · Support · Consideration · Respect · Positive impact

1. Scenario 1: You see a classmate struggling to carry their books and lunch tray in the canteen. You decide to walk past them quickly so you can get to your seat first. Is this a Spark or a Blocker? How could you change it? (2 marks)

2. Scenario 2: Max the Monkey is feeling sad because he got a tricky math problem wrong. You notice this and tell him, 'It's okay to make mistakes; that is how we learn!' Is this a Spark or a Blocker? Why is this helpful? (2 marks)

3. Scenario 3: During a group project, Zara the Zebra suggests an idea, but you ignore her and only listen to your own ideas. Is this a Spark or a Blocker? How would you rewrite this to show respect? (2 marks)

4. Scenario 4: Pip the Caterpillar is having a bad day. You decide to share your favorite book with them to cheer them up. Is this a Spark or a Blocker? How might this act of kindness make Pip feel? (2 marks)

5. Scenario 5: Describe one 'Kindness Spark' you have witnessed or performed at school this week. How did it affect the people around you? (2 marks)

Draw: Draw a 'Kindness Chain'. Start with a picture of a single person doing something kind, and draw arrows connecting it to other people smiling and helping each other, showing how the kindness spreads through the whole school.



Extension challenge: Create a 'Kindness Menu' for your classroom. Write down three low-cost or free actions (like holding a door, giving a sincere compliment, or listening to someone) that you and your friends can commit to doing every day this week.