

PSHE Assessment: The Power of Kindness

Learning objective: To understand the impact of kindness on others, explore the concept of empathy, and identify ways to build a supportive community.

Read each question carefully. Use your best handwriting and full sentences for the extended responses. You have 30 minutes to complete this assessment.

Leo the Lion often leads group adventures in the forest. He notices that when the animals work together and share their resources, the forest feels safer and happier. One day, Bea the honeybee was struggling to carry a heavy load of pollen. Instead of walking past, Kit the fox stopped to help her move it to the hive. This small act of kindness made Bea feel valued and encouraged her to help others later that afternoon.

Word bank: empathy · supportive · inclusive · respect · positive · community · perspective · compassion

1. Based on the passage, why was Kit's action important for the forest community? (2 marks)

2. Define the word 'empathy' in your own words and explain why it is an important skill when someone is feeling sad. (3 marks)

3. Give two examples of how you can show kindness to a classmate who is working alone on a difficult task. (4 marks)

4. Explain why 'inclusive' behavior is vital for a happy school environment. (3 marks)

5. Sometimes, being kind can be difficult if we are angry or frustrated. Suggest one strategy you could use to stay kind even when you are having a tough day. (3 marks)

6. Extended Writing: Imagine a new student joins your class. Write a short paragraph explaining how you would make them feel welcome. Include what you might say, how you would act, and why your actions would make a difference to their first day. (5 marks)

7. If a friend is being unkind to someone else, what is the most responsible way to respond? Explain your choice. (5 marks)

Draw: Draw a scene showing an 'Act of Kindness' in your classroom. Label the characters and the kind action taking place.



Extension challenge: Reflect on a time you received an act of kindness. How did it change your mood or your day? Write 3-5 sentences. Total: /25