

My Kindness Diary: A Week of Making a Difference

Learning objective: To understand the importance of kindness and reflect on how small, positive actions impact our community and personal wellbeing.

This week, we are looking at kindness as a superpower! Use this diary to record one kind thing you did for someone else each day, and describe how it made you feel. Think about the actions of our friend Leo the Lion, who always looks out for his friends, and try to be just as thoughtful.

Word bank: empathy · thoughtful · community · supportive · generosity · impact · considerate · wellbeing · cooperation

1. Daily Kind Act: Describe a specific action you took today to help or support someone else. Who was it for? (2 marks)

2. The Ripple Effect: How did the other person react to your kindness? Did it change the mood of the room or the playground? (2 marks)

3. Personal Reflection: How did performing this kind act make you feel inside? Did it change your own mood? (2 marks)

4. Planning Ahead: What is one act of kindness you would like to try tomorrow, and what will you need to do to make it happen? (2 marks)

5. The Cost of Kindness: If you were to buy a small gift to show appreciation to a friend, such as a card for £1.50 or a sticker for £0.75, how much would they cost together? Why is the thought behind the gift more important than the price? (3 marks)

Extension challenge: Write a short poem, in the style of Leo the Lion, about how kindness acts like a bridge between people. Can you include two of the words from the word bank in your poem?