

Kindness and Calm with Ellie the Elephant

Learning objective: To understand that Buddhism is a way of life focused on kindness, peace, and looking after the world, as explored by Ellie the Elephant.

Ellie the Elephant is learning about how people show kindness and keep their minds calm. Look at the pictures described below. If the action shows kindness or helping others, draw a smiley face next to it. If the action is not kind, draw a cloud. Then, answer the questions about how you can be kind today.

Word bank: Kindness · Calm · Peace · Sharing · Helping

1. 1. Ellie shares her banana with a friend. Is this a kind thing to do? Why? (2 marks)

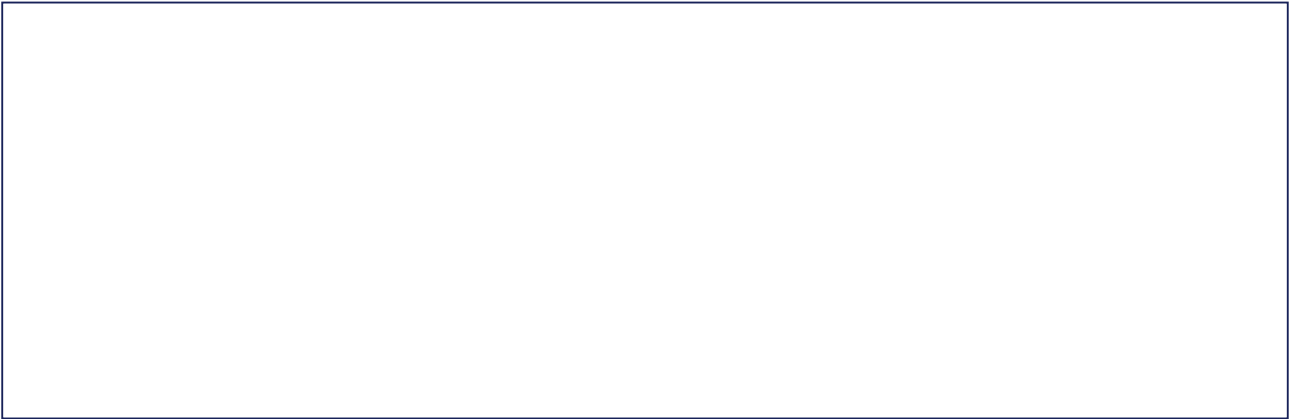
2. 2. If you feel a bit sad or angry, what is one thing you can do to feel calm? (2 marks)

3. 3. Can you name one person you can be kind to today? (2 marks)

4. 4. Why is it important to be gentle with living things like flowers or bugs? (2 marks)

5. 5. If you found a lost toy in the playground, what would be the kindest choice to make? (2 marks)

Draw: Draw a picture of yourself doing something kind for a friend or looking after something in nature, like watering a plant or helping a small animal.

A large, empty rectangular box with a thin black border, intended for a student to draw a picture of themselves doing something kind for a friend or looking after something in nature.

Extension challenge: Ask an adult to help you find a quiet spot. Sit still for one minute and listen to all the sounds you can hear, like the birds chirping or the wind blowing. This is a simple way to practice being calm, just like people do in Buddhism.