

The Kindness Advent Calendar Challenge

Learning objective: To understand the impact of intentional acts of kindness on our community and personal well-being.

Leo the Lion is planning a 'Kindness Advent' for the school. Instead of receiving gifts, he wants to give acts of kindness. Read the scenarios below and categorise them into 'School Community', 'Home/Family', or 'Environment'. Then, justify your choices by explaining the positive impact each action has on the recipient and the giver.

Word bank: empathy · community · gratitude · sustainability · altruism · well-being · positive impact · thoughtfulness

1. Leo suggests: 'Help a classmate who is struggling to understand a tricky maths problem.' Which category does this belong to, and why is this an important act of kindness within a classroom setting? (2 marks)

2. Nova suggests: 'Plant native wildflower seeds in the school garden to support local pollinators.' Explain why this act is beneficial for the environment and how it demonstrates long-term thinking. (2 marks)

3. Pip suggests: 'Write a handwritten note of appreciation for a family member or teacher.' Compare and contrast this with a digital message. Why might a handwritten note have a different emotional impact? (2 marks)

4. Justify your answer: If someone performs an act of kindness but expects a reward in return, is it still considered a 'kindness'? Explain your reasoning using the concept of altruism. (2 marks)

5. What might happen if our entire school community participated in a Kindness Advent for an entire month? Predict two potential changes to the school's social atmosphere. (2 marks)

6. Create your own kindness challenge that costs £0 to implement but has high personal value. Describe your idea and explain the emotional benefit it provides. (2 marks)

Draw: Design a 'Kindness Advent' illustration. Draw a large, ornate tree with 24 branches. On each branch, draw a small symbol or icon representing a specific act of kindness you could perform to make someone else's day brighter.



Extension challenge: Research the term 'The Ripple Effect'. Write a short reflective paragraph explaining how one small, kind action could potentially influence the behaviour of others in your school, creating a chain reaction of positivity.