

# Kindness Advent: Building Community Together

*Learning objective: To understand the impact of intentional kindness and reflect on how small, consistent actions contribute to a positive school and local community.*

Read each question carefully. Use your best handwriting and provide detailed explanations where required. Consider the experiences of our BookFlik friends as you formulate your answers.

As December approaches, Nova the owl and Leo the lion decide to lead a 'Kindness Advent' challenge. Instead of receiving gifts, they encourage their friends to perform one purposeful act of kindness every day. Max the monkey spends his time helping younger pupils with their maths, while Pip the caterpillar writes encouraging notes to those feeling lonely. They soon realise that kindness is not just about a single big gesture, but the daily commitment to making others feel valued.

*Word bank: Empathy · Altruism · Community · Intentionality · Perspective · Inclusive · Responsibility · Well-being*

**1. Define the term 'intentional kindness' in your own words. Why is being intentional more impactful than being kind only when it is convenient? (2 marks)**

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**2. Max the monkey chooses to help others with their maths. Explain why choosing an act of kindness that uses your personal strengths can be more rewarding for both the giver and the receiver. (3 marks)**

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**3. If a Kindness Advent challenge were to run for a whole school year instead of just December, what might happen to the 'school climate'? Justify your answer. (4 marks)**

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**4. Sometimes, people might be unkind or refuse help. How can you demonstrate resilience and empathy if your attempt at kindness is not received as you expected? (3 marks)**

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**5. Compare and contrast a 'material gift' (something you buy for £5) and a 'kindness gift' (an act of service). Which do you believe holds more long-term value and why? (4 marks)**

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**6. Extended Writing Task: Design a 'Community Kindness Plan' for your classroom. Describe three specific actions you could take to make your school more inclusive. Explain how these actions would foster a sense of belonging for pupils who might feel left out. (9 marks)**

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**Draw: Draw a 'Kindness Map' of your school. Use symbols to show where specific acts of kindness (like helping a friend or tidying a communal space) could take place to improve the environment for everyone.**



*Extension challenge: Reflect on this statement: 'Kindness is a ripple effect.' Write a short poem or paragraph describing how one small, secret act of kindness by Pip the caterpillar could eventually change the mood of the entire forest. Total: /25*