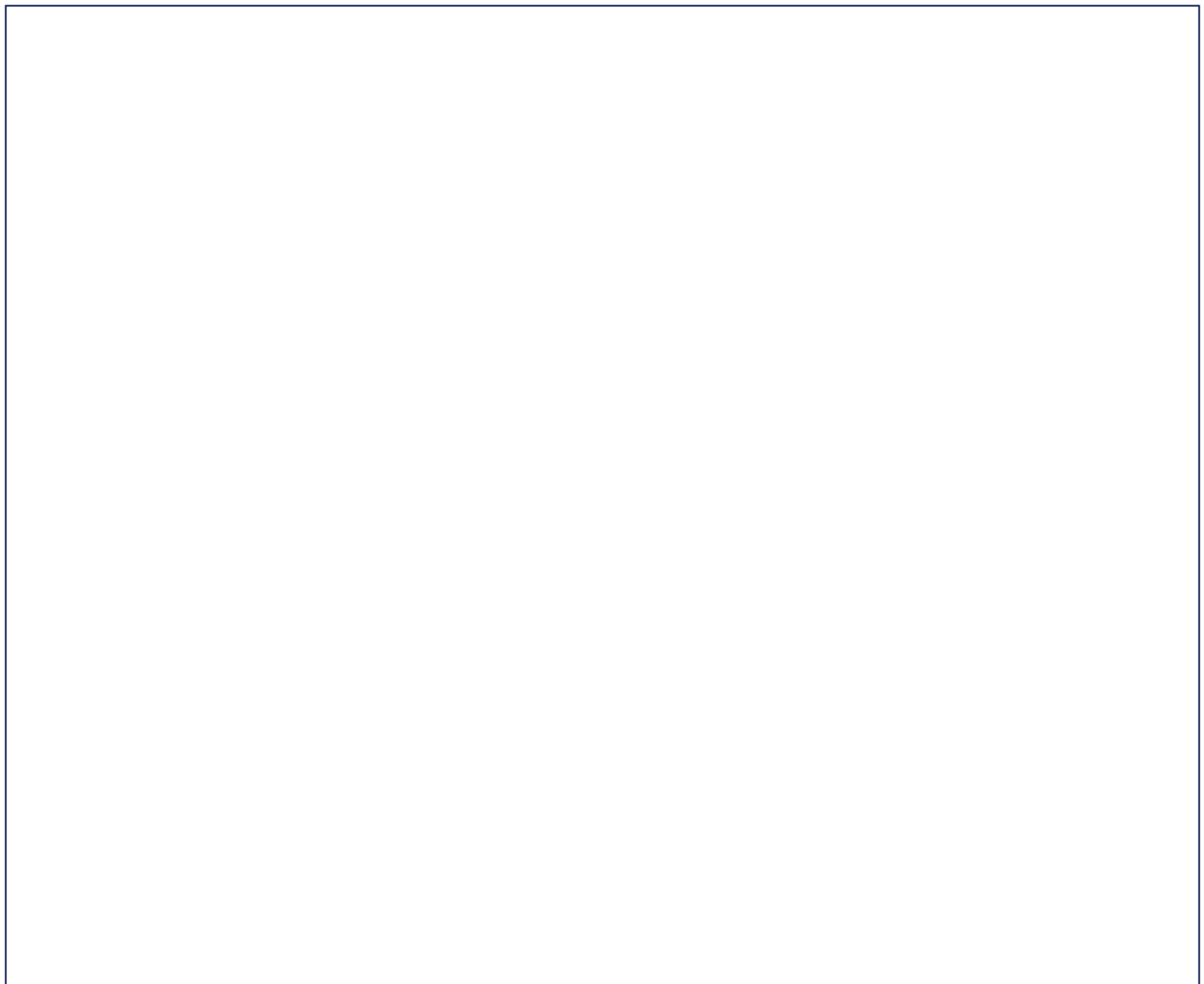


The Kindness Advent Canvas

Learning objective: To understand the impact of intentional kindness and reflect on how small, positive actions create a supportive community.

Use this sheet to design a 'Kindness Advent Calendar'. Instead of gifts, your calendar will feature twenty-four acts of kindness that you can perform throughout the month. Follow the drawing prompt to create your visual plan.

Draw: Draw a large, ornate advent calendar on your page with 24 numbered doors. For at least four of these doors, draw a small scene inside showing an act of kindness (e.g., someone helping a friend with a tricky maths puzzle, someone sharing art supplies, or someone writing a thank-you note). Use vibrant colours and include Pip the bookworm caterpillar hiding in the corner of the calendar to cheer you on. Keep the style neat and illustrative, like a storybook page.



Label words: Compassion · Empathy · Generosity · Community · Support · Gratitude · Altruism · Inclusive

Steps:

1. Explain why performing an act of kindness without expecting a reward is beneficial for both the giver and the receiver.
2. Compare and contrast a 'material' advent calendar with a 'kindness' advent calendar. Which has a

longer-lasting impact on a community?

3. Justify your answer: Why is it important to consider inclusivity when planning acts of kindness for your peers?

4. What might happen if your entire class committed to one act of kindness every day for a month? Describe the potential shift in the classroom atmosphere.

5. Label your drawing: Choose three words from the word bank and explain how they relate to the specific kindness acts you have illustrated.

6. Reflection: How can you ensure your kindness acts are sustainable and manageable during a busy school term?