

Kindness Advent: Spreading Joy with Max and Ellie

Learning objective: To understand the impact of intentional acts of kindness and develop empathy by planning a 'Kindness Advent' calendar.

Read each flashcard to learn about the importance of kindness in our community. Reflect on how small, consistent actions can foster positive relationships.

What is the definition of Empathy?

Empathy is the ability to understand and share the feelings of another person.

Max the monkey wants to do an act of kindness that costs £0.00. Suggest three ideas.

Helping a neighbour with chores, writing a thank-you note, or offering a sincere compliment.

Ellie the elephant says kindness is 'intentional'. What does this mean?

It means choosing to be kind on purpose, rather than just being kind by accident.

Why does a 'Kindness Advent' focus on giving rather than receiving?

It shifts the focus to altruism, which increases personal happiness and strengthens community bonds.

If you spent £2.50 on a small gift for a friend, how could you ensure it is a 'kind' act?

By ensuring the gift is thoughtful, personalised, and given without expecting anything in return.

Explain why acts of kindness can improve the well-being of a whole classroom.

Kindness creates a supportive environment where people feel valued, reducing stress and increasing cooperation.

Compare and contrast 'random' acts of kindness with 'planned' acts of kindness.

Random acts are spontaneous reactions to situations, planned acts (like an Advent calendar) ensure consistency and commitment to others.

Justify your answer: Does kindness need to be visible to others to be effective?

No, acts of kindness are effective even when private, as they change the giver's perspective and benefit the receiver directly.

What might happen if everyone in your school committed to one act of kindness per day?

It could create a 'ripple effect', fostering a culture of mutual respect and significantly improving the school's social atmosphere.

How can you demonstrate gratitude to someone who has been kind to you?

By saying 'thank you' sincerely, acknowledging the effort they made, and potentially 'paying it forward' to someone else.

Define Altruism.

Altruism is the practice of selfless concern for the well-being of others.

How does reflecting on kindness help you grow as a person?

It helps you become more aware of others' needs and encourages you to take responsibility for the emotional climate of your surroundings.