

The Kindness Advent Challenge

Learning objective: To understand the impact of small, intentional acts of kindness on community wellbeing and personal character development.

Read the questions carefully and answer them based on your knowledge of positive relationships and community spirit. Max the monkey is helping you keep score, so be as precise as possible!

Answer Key: 1.C, 2.True, 3.Altruism, 4.B, 5.True, 6.A, 7.False, 8.D, 9.Gratitude, 10.B. Explanation: Acts of kindness create a 'ripple effect' where one small gesture encourages others to be kind, strengthening the bonds of our school and local community. Even a small donation of 50p to a charity or helping a neighbour with their shopping for £2.00 demonstrates significant consideration.

Word bank: Empathy · Altruism · Community · Gratitude · Consideration · Kindness · Impact · Collaboration

1. 1. What is the main goal of a 'Kindness Advent' calendar? A) To receive gifts B) To count down the days C) To complete daily acts of kindness* D) To win a prize (1 mark)

2. 2. True or False: Showing kindness can improve the mental wellbeing of both the giver and the receiver. (1 mark)

3. 3. What is the term for acting for the benefit of others without expecting a reward? (1 mark)

4. 4. If you spend £3.50 on ingredients to bake cookies for a lonely neighbour, what is the most important result? A) Getting the money back B) Building a positive connection* C) Showing off your baking D) Eating the cookies (1 mark)

5. 5. True or False: Small, silent acts of kindness, such as tidying up a classroom without being asked, are just as valuable as loud, public ones. (1 mark)

6. 6. Which quality involves understanding how someone else might be feeling? A) Empathy* B) Ambition C) Curiosity D) Competition (1 mark)

7. 7. True or False: Kindness is only effective if it involves spending money. (1 mark)

8. 8. Which of these is a positive way to show kindness? A) Ignoring a classmate B) Criticising someone's work C) Pushing to the front D) Including someone in a game* (1 mark)

9. 9. What do we call the feeling of being thankful for the kindness others show us? (1 mark)

10. 10. Why is kindness considered a 'ripple effect'? A) It makes waves in the sea B) One act inspires others to be kind* C) It happens very quickly D) It only affects one person (1 mark)

Draw: Draw a 'Kindness Tree'. On the branches, illustrate four different acts of kindness you could perform during an advent period, such as helping a friend with maths or writing a thank-you note.



Extension challenge: 1. Explain why performing an act of kindness anonymously might feel different than doing one that is noticed by others. 2. Compare and contrast the benefits of giving a material gift (like a toy) versus giving your time (like listening to someone). 3. Justify the statement: 'Kindness is a skill that requires practice.' 4. What might happen to the atmosphere of a school if every student committed to one act of kindness every single day? 5. Create a plan for a 'Kindness Advent' that costs £0.00 but has a high emotional value. 6. Design a persuasive poster to encourage your peers to participate in a school-wide kindness initiative.