

My Kindness Advent Journey

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

Join Leo the Lion as you plan your own 'Kindness Advent'. Instead of receiving gifts, this month is dedicated to giving time, words, and small acts of service to others. Use this template to map out your plan, reflect on the feelings of others, and justify why your chosen acts make a difference. Complete one section for each week of your kindness challenge.

Word bank: empathy · altruism · compassion · consideration · community · impact · gratitude · supportive · intentional

1. Week 1: Acts of Service. Describe a planned act of service for a family member or neighbour. Explain why this specific action might improve their day. (3 marks)

2. Week 2: Words of Encouragement. Identify a person who might be feeling overwhelmed or lonely. Write down a supportive message you could share with them and justify why your choice of words is appropriate. (3 marks)

3. Week 3: Community Impact. Compare and contrast how helping an individual differs from participating in a group kindness project. Which do you believe has a longer-lasting effect? (4 marks)

4. Week 4: Reflective Evaluation. Looking back at your kindness advent, explain how your actions influenced the atmosphere within your classroom or home. (3 marks)

5. The Ripple Effect: What might happen if every person in our school performed one random act of kindness every single day for a month? Predict the outcome. (4 marks)

6. Personal Commitment: If you had a budget of £5.00 to facilitate a kindness project (e.g., buying supplies for a card-making session or ingredients for a shared treat), how would you spend it? Justify your decision. (3 marks)

Extension challenge: Design a 'Kindness Map' for the next term. Identify three areas in your school environment where acts of kindness could be most beneficial. For each area, write a brief proposal explaining how a small, cost-free initiative could transform the environment for everyone.