

The Kindness Advent Challenge

Learning objective: To understand the impact of intentional kindness and develop strategies to promote positive wellbeing within a community.

Read each scenario and question carefully. Use your understanding of empathy, altruism, and community spirit to provide thoughtful responses. Think about how small actions can create a ripple effect of positivity.

In the BookFlik forest, Max the monkey has decided to create a 'Kindness Advent'. Instead of receiving gifts, he wants to perform one selfless act each day to boost the morale of his friends. Whether it is helping Pip the caterpillar find the perfect leaf for a bookmark or assisting Bea the honeybee with her garden chores, Max is learning that kindness is a currency that never runs out.

Word bank: Altruism · Empathy · Compassion · Community · Wellbeing · Ripple effect · Considerate · Generosity

1. Max suggests that 'kindness is a currency'. Explain what he means by this metaphor and why he chooses to describe kindness this way. (2 marks)

2. Identify one potential barrier that might prevent someone from performing an act of kindness, and suggest a strategy to overcome it. (2 marks)

3. Compare and contrast a 'random act of kindness' with a 'planned act of kindness'. Which do you think has a greater impact on the recipient and why? (3 marks)

4. If you were designing a Kindness Advent for your class, propose three low-cost (under £2.00) or free activities that would foster a sense of belonging. (3 marks)

5. Justify the importance of being kind to someone who may have been unkind to you in the past. How does this demonstrate emotional maturity? (2 marks)

6. What might happen to the culture of a classroom if every student committed to one act of kindness per day for a month? Predict the long-term outcomes. (3 marks)

Draw: Draw a 'Kindness Tree' for the BookFlik forest. On each leaf, illustrate a different kind act that someone could perform during the festive season.



Extension challenge: Design a 'Kindness Calendar' template for the month of December. Each day must include a specific, measurable act of kindness that requires zero financial cost but significant personal effort. Beneath your calendar, write a short reflection on how these actions contribute to a positive school climate.