

Designing a Kindness Advent

Learning objective: To plan and justify a series of acts of kindness to promote positive mental health and community well-being.

Follow the prompts below to create your own 'Kindness Advent' plan. Think about how small, consistent actions can have a significant impact on the people around you.

As the winter days grow shorter, a Kindness Advent offers a wonderful opportunity to focus on generosity rather than material gifts.

Word bank: furthermore · consequently · in addition to · a thoughtful gesture · empathy · community spirit · altruism · considerably · meaningful · nevertheless · beneficial

1. Introduction: What is the primary purpose of your Kindness Advent, and why is it important to show compassion during the colder months? Start with: 'The objective of this Kindness Advent is to...' (2 marks)

2. The First Week: Describe three specific acts of kindness you could perform for your family or friends. Explain why these particular actions are meaningful. Start with: 'During the first week, I aim to...' (3 marks)

3. Widening the Circle: How will you extend your kindness to your wider school community or neighbourhood? Justify why you chose these specific recipients. Start with: 'To support the wider community, I plan to...' (3 marks)

4. Evaluating Impact: Explain why acts of kindness often create a 'ripple effect' on the well-being of others. Start with: 'Kindness acts like a ripple because...' (3 marks)

5. Self-Reflection: Compare and contrast how performing an act of kindness makes you feel versus receiving one. Start with: 'While receiving kindness feels..., performing it provides...' (3 marks)

6. Future Challenges: What might happen if everyone in your class committed to one act of kindness every day for a month? Predict the long-term changes in your classroom environment. Start with: 'If our entire class participated, I anticipate that...' (4 marks)

Extension challenge: Design a 'Kindness Calendar' visual aid. For each day, write a brief, sophisticated slogan that encourages others to join your mission. Then, write a one-paragraph justification explaining how you would overcome potential barriers (such as lack of time or resources) to ensure your kindness mission remains successful.