

The Ripple Effect of Kindness: A PSHE Challenge with Leo the Lion

Learning objective: To understand how individual acts of kindness create a positive ripple effect within a community and to evaluate the impact of these choices on others.

Leo the Lion believes that kindness is not just a one-off act, but a series of ripples. Read the scenarios provided below. For each scenario, identify the 'Initial Act' of kindness, then describe the 'Ripple Effect'—how that one action might inspire a chain reaction of positive behaviour in others. Finally, justify why these actions foster a harmonious community.

Word bank: empathy · collaboration · resilience · support · community · compassion · gratitude · inclusion

1. Scenario 1: During a busy lunchtime, you notice a student sitting alone who looks upset. You decide to invite them to sit with your group. Explain why this simple invitation might change the atmosphere of the entire playground. (4 marks)

2. Scenario 2: A classmate is struggling to understand a complex maths problem. Instead of ignoring them, you spend time helping them grasp the concept. Compare and contrast how this act of support differs from simply giving them the answer. (4 marks)

3. Scenario 3: You see someone accidentally drop their lunch money (£2.50) in the corridor. You pick it up and return it to them immediately. What might happen if this culture of honesty becomes the 'norm' in your school? (3 marks)

4. Justify your answer: Why is it important to show kindness even when no one is watching? Provide a thoughtful reason. (3 marks)

5. Identify a situation where someone showed kindness to you. How did that moment change your mood or your perspective on that day? (2 marks)

6. What might happen if a community stopped practising kindness? Describe the potential consequences for the collective well-being of the group. (4 marks)

Draw: Draw a 'Ripple Effect' diagram. Start with a pebble landing in the centre of a pond labelled 'An Act of Kindness'. Draw ripples spreading outwards, and in each ripple, write a positive outcome that follows from the initial act.



Extension challenge: Write a short, emotive poem in the style of Leo the Lion about a 'hidden act of kindness'. Your poem should use at least three words from the word bank and describe how a small deed can travel far, like a message in a bottle on the ocean.