

PSHE Assessment: The Power of Kindness

Learning objective: To understand the impact of kindness on community, recognise the importance of empathy, and evaluate how individual actions influence the wellbeing of others.

Read each question carefully. Use your best handwriting and ensure your answers are thoughtful and specific. Where a question asks for an explanation, try to use examples from your own experiences or the characters we have studied.

Max the monkey noticed that Zara the zebra was sitting alone at the edge of the playground, looking at her sketchbook with a frown. Usually, Zara is full of energy, but today she seemed quiet. Max paused his maths puzzle and walked over. He didn't ask her to join his game immediately; instead, he asked, 'That sketch looks complex, Zara. Would you like to tell me about the pattern you are creating?' Zara smiled, and for the next ten minutes, they talked about the colours and shapes in her art. By the time the bell rang, Zara felt much more like herself.

Word bank: empathy · compassion · wellbeing · inclusivity · resilience · community · positive impact · perspective

1. Identify two reasons why Max's approach to Zara was considered kind. (2 marks)

2. Define the term 'empathy' and explain how it differs from simply 'being nice'. (3 marks)

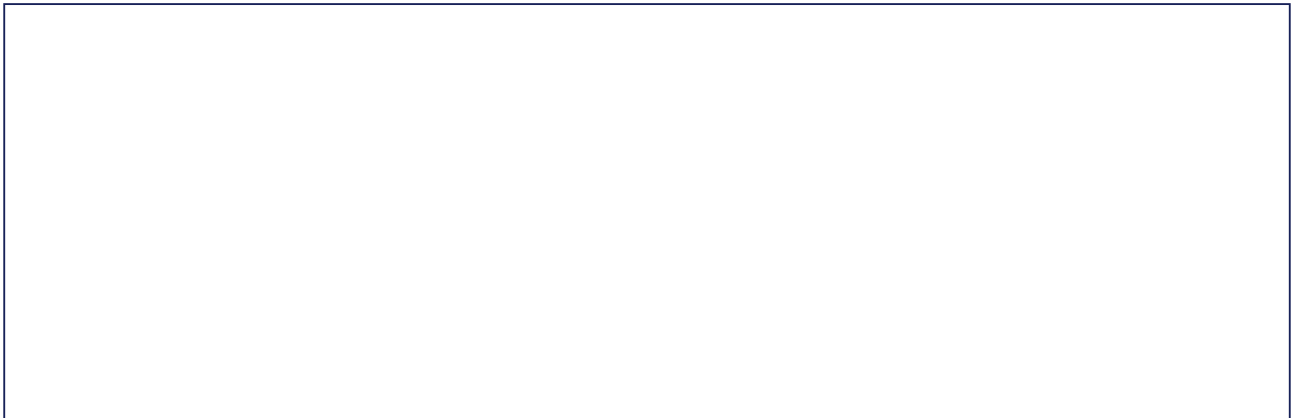
3. Max spent his break time talking to Zara instead of solving his maths puzzles. Explain why personal sacrifice is often a core component of true kindness. (3 marks)

4. How can an act of kindness in a classroom create a 'ripple effect' among a group of pupils? Provide an example. (4 marks)

5. If a peer is being unkind to someone else, what are two safe ways to intervene or support the person being treated poorly? (4 marks)

6. Extended Writing Task: Write a short reflection (approx. 100 words) on a time you witnessed a significant act of kindness. Evaluate how that act changed the atmosphere of the environment and justify why such actions are essential for a healthy community. (9 marks)

Draw: Draw a 'Kindness Map'. In the centre, draw a kind deed, and use arrows to show the different people or emotions that are positively impacted by that one action.



Extension challenge: Greater Depth Challenge: 'Kindness is a sign of strength, not weakness.' Discuss this statement. Compare and contrast how someone might view kindness in a competitive environment versus a collaborative one. What might happen if a society functioned without any acts of kindness? Justify your answer using evidence from your own social experiences. Total: /25