

The Kindness Garden: A PSHE Activity

Learning objective: To identify, demonstrate, and reflect upon the impact of kind actions within our community and relationships.

Use this sheet to illustrate the positive 'ripple effect' of kindness. Follow the drawing steps carefully to create your own Kindness Garden. Use the word bank to label your illustration with the qualities that help a community flourish.

Draw: Create a vibrant, detailed scene of a 'Kindness Garden'. In the centre, draw Leo the Lion performing an act of service. Surrounding him, draw flowers where each petal represents a different kind action (e.g., 'sharing a pencil', 'listening to a friend'). Use a warm, bright colour palette. Add labels from the word bank pointing to the different elements of your garden to show how these abstract values look in practice.



Label words: Empathy · Compassion · Support · Inclusivity · Respect · Gratitude · Patience · Collaboration

Steps:

1. Step 1: Draw Leo the Lion in the centre of your garden. Draw him helping someone else. What kind action is he performing? Describe it below.
2. Step 2: Label the 'roots' of your garden flowers with three qualities from the word bank that you think are essential for building strong friendships.

3. Step 3: Explain why 'Empathy' is sometimes described as the 'sunshine' of a community. What might happen if we lacked this quality?
4. Step 4: Compare and contrast a 'kind' response to a disagreement versus an 'unkind' one. Justify why the kind response is more effective for long-term resolution.
5. Step 5: Nova the Owl suggests that kindness requires courage. Why might it take bravery to be kind in a difficult situation?
6. Step 6: If you were to plant a 'Seed of Kindness' in your school, what specific action would you take tomorrow to help it grow?