

Kindness and Compassion: A Year 5 PSHE Challenge

Learning objective: To understand the impact of kindness, develop empathy for others, and explore how small actions contribute to a positive school community.

Use these flashcards to test your knowledge about kindness. Read the front of the card, think of your answer, then check the back to see if you have captured the essence of the concept.

What is the definition of Empathy?

Empathy is the ability to understand and share the feelings of another person by imagining yourself in their position.

How does Pip the Bookworm demonstrate 'Inclusivity' in the library?

Pip ensures that all creatures, regardless of their size or speed, feel welcome to join his reading circle by selecting books that appeal to everyone.

What is the difference between being 'nice' and being 'kind'?

Being nice is often about being polite or pleasant, whereas being kind involves intentional actions that show care and concern for others, even when it requires effort.

Why is 'Active Listening' a vital component of kindness?

It shows respect and value for the speaker, ensuring they feel heard and understood without the listener interrupting or jumping to conclusions.

Define 'Altruism' in the context of our school community.

Altruism is the selfless concern for the well-being of others, acting to help someone else without expecting any reward or recognition in return.

How can Max the Monkey use 'Collaboration' to show kindness?

Max can use his maths skills to help others solve difficult problems, working alongside them as a partner rather than just giving them the answer.

What is the relationship between kindness and resilience?

Acts of kindness can help people feel more supported, which gives them the strength and confidence to overcome challenges and bounce back from setbacks.

Explain the concept of a 'Random Act of Kindness'.

An unexpected, spontaneous gesture performed to brighten someone's day, such as helping a peer carry their heavy bag or giving a sincere compliment.

How does showing integrity contribute to a kind environment?

Integrity means doing the right thing even when no one is watching; being honest and fair builds trust, which is the foundation of a kind community.

Why might Nova the Owl ask questions to show kindness?

Nova shows curiosity about others' perspectives, which validates their experiences and makes them feel important and cared for.

What does it mean to be a 'positive bystander'?

A positive bystander is someone who witnesses unkind behaviour and chooses to intervene safely or report it, rather than remaining silent or joining in.

How can we show kindness to ourselves?

By practising self-compassion, acknowledging our own feelings, and talking to ourselves with the same encouragement we would offer a dear friend.