

The Kindness Compass: A Reflective Diary Entry

Learning objective: To understand the impact of kindness on wellbeing and evaluate how small, intentional actions can foster a positive community.

Use this diary entry template to record an act of kindness you performed or witnessed. Reflect on how your actions affected others and yourself. Use the vocabulary provided to help describe your experiences and feelings.

Word bank: empathy · compassion · altruism · community · perspective · wellbeing · considerate · impact · supportive · integrity

1. The Act of Kindness: Describe a specific situation where you showed kindness. Who was involved and what did you do? (2 marks)

2. Explain why: Why was this specific action helpful in that moment? Justify why kindness is important in building a supportive classroom environment. (4 marks)

3. Emotional Impact: How did the other person react, and how did performing this act make you feel personally? Use your vocabulary words. (3 marks)

4. Compare and contrast: Compare how a 'kind' response to a conflict differs from an 'indifferent' response. What is the long-term effect of each? (4 marks)

5. What might happen if: Imagine a scenario where everyone in our school performed one random act of kindness every single day. Describe the potential impact on our school culture. (4 marks)

6. Personal Commitment: Based on your reflections, what is one 'kindness goal' you could set for yourself this week to help someone else? (2 marks)

Extension challenge: Design a 'Kindness Map' for our classroom. Research the concept of the 'ripple effect' and write a short paragraph explaining how one small act of kindness can travel through a community like a wave, creating further positive change.