

The Power of Kindness: A Reflective Writing Frame

Learning objective: To articulate the importance of kindness in our community and explain how small, intentional actions can create a positive ripple effect.

Use this scaffold to structure your reflection on kindness. Think about your own experiences and the impact of empathy on others. Aim to use ambitious vocabulary and clear, logical arguments to justify your viewpoints.

Kindness is more than just a fleeting polite gesture; it is the silent thread that weaves together the fabric of our school community.

Word bank: furthermore · consequently · empathy · altruism · significant impact · compassion · in retrospect · mutual respect · transformative · nevertheless · consequently

1. Defining Kindness: How would you define kindness in your own words, and why is it considered a fundamental value for a harmonious society? Start your response with: 'Kindness can be defined as...' (3 marks)

2. The Ripple Effect: Explain why a single, small act of kindness might lead to a larger positive outcome for someone else. Consider the 'ripple effect' concept. Start your response with: 'When an individual chooses to act with compassion, the consequences are...' (4 marks)

3. Comparing Perspectives: Compare and contrast how kindness feels when you are the 'giver' versus when you are the 'receiver'. Justify why both roles are equally important. Start your response with: 'Whilst receiving kindness provides comfort, the act of giving...' (4 marks)

4. Overcoming Barriers: What might happen if someone feels it is difficult to be kind? Suggest two strategies for overcoming social anxiety or hesitation when trying to show kindness. Start your response with: 'At times, showing kindness can be challenging because...' (4 marks)

5. Evaluation: How does practising kindness towards others contribute to your own sense of well-being and self-worth? Start your response with: 'Engaging in altruistic behaviour ultimately benefits the individual because...' (3 marks)

6. Conclusion: Summarise your thoughts on how our school could become a more empathetic environment. Start your response with: 'To foster a culture of genuine kindness, we must prioritise...' (2 marks)

Extension challenge: Design a 'Kindness Campaign' for your school. Write a persuasive pitch detailing one specific project that would promote inclusivity. Justify why this project would be effective and explain what resources (time, effort, or a small budget of £10) you would need to implement it.