Leo's Kindness Calendar

Learning objective: To understand how small acts of kindness can make others feel happy and to identify ways to show care for friends and family.

Leo the Lion is planning a 'Kindness Advent' to spread joy to his friends. Look at the list of actions below. For each action, decide if it is a kind thing to do by sorting them into two groups: 'Kind Choices' or 'Not So Kind Choices'. Draw a line to match the action to the correct basket.

Word bank: Share a toy · Say thank you · Push someone · Give a smile · Grab a book · Help tidy up

1. If you share your toy with a friend, how do you think they feel? (2 marks)

2. Why is it important to say 'thank you' when someone is kind to you? (2 marks)

3. Can you think of a kind thing you did for someone today? (2 marks)

4. If a friend is sad, what could you do to help them feel better? (2 marks)

5. How does it make you feel inside when you do something kind for somebody else? (2 marks)

Draw: Draw a picture of yourself doing a kind act for someone in your classroom or at home, such as helping someone up or sharing a snack.

Extension challenge: Create a 'Kindness Jar' at home. Every time you do a kind act, like helping set the table for dinner or putting your coat away, write it down or draw a picture of it and put it in the jar. See how full your jar can get by the end of the week!