

My Kindness Advent Diary

Learning objective: To understand that kindness involves actions that help others and to reflect on personal contributions to our school and home community.

In this diary, you will plan and record your special acts of kindness for the month. Each day, think of one way you can be a helpful friend, just like Leo the lion who cares for his group. Write or draw what you did and how it made your friend feel.

Word bank: kind · helpful · share · smile · thank you · friend · caring · gentle

1. My Kindness Goal: What is one kind thing you plan to do today to help someone else?

2. How did you help? Tell us what you did to show kindness to a friend or family member.

3. How did it feel? Describe how you felt when you were being kind, and how the other person reacted.

4. Kindness at Home: Write down one way you have been helpful at home this week (e.g., tidying toys or setting the table).

5. Kindness Surprise: If you could give a small gift of kindness that costs £0, what would you give? (Hint: Think of a hug, a picture, or a song!)

Extension challenge: Create a 'Kindness Chain' by writing each of your good deeds on a strip of paper and linking them together to see how your kindness grows throughout the month.