Kindness Matters: Flashcards with Max and Ellie

Learning objective: To understand what kindness is and how we can show it to others in our daily lives.

Read the front of the card. Think about how you would answer. Then, check the back of the card to see the answer. Use the word bank to help you understand the meanings.

What is kindness? Kindness is being friendly, generous, and showing care to others.	**How can you show kindness at school?** You can help a friend, share your equipment, or say something nice.
What does 'empathy' mean? Empathy is trying to understand how someone else is feeling.	**Why is listening an act of kindness?** It shows that you value what someone else has to say.
How can you show respect? By using kind words, listening, and treating others how you want to be treated.	**What should you do if you see someone sad?** Ask them if they are okay or tell a teacher so they can get support.
Is sharing kind? Yes, sharing your time or things helps everyone feel included.	**Max the monkey wants to be helpful. What is one small thing he could do?** He could help a friend tidy up the classroom.
Ellie the elephant has a great memory. How can she use it for kindness? She can remember to ask someone how their day went.	**What is a compliment?** A compliment is telling someone something you like about them or their work.
Can kindness cost money? Sometimes, but often it costs nothing at all—just a smile or kind words.	**How does it feel to be kind?** Being kind makes both you and the other person feel happy and proud.