The Kindness Chain Reaction

Learning objective: To identify how small acts of kindness create a positive impact on our school community and wellbeing.

Max the monkey has been observing the playground. He believes that kindness is like a maths equation: one small action equals a big positive result for everyone. Below is a list of potential actions. Sort these actions into two categories: 'Small Acts' (things you can do in a minute) and 'Big Impact' (things that require more time or effort). Then, explain how these actions create a 'ripple effect' of kindness.

Word bank: Listening · Sharing · Complimenting · Including · Encouraging · Helping · Respecting

1. Sort these actions into two groups: 'Small Acts' (quick) and 'Big Impact' (time-consuming). Which category does 'including someone in a game' fall into, and why? (2 marks)

2. Max says: 'If I smile at a friend, they feel happy and might smile at someone else.' This is a ripple effect. Describe a time you saw a ripple effect of kindness happen in your classroom. (2 marks)

3. If you wanted to show kindness to a new student who has no items for the school tuck shop, and you had £2.00, how could you use that money to show kindness without making them feel uncomfortable? (2 marks)

4. Why is 'listening' considered one of the most powerful forms of kindness, even though it doesn't cost any money? (2 marks)

5. Create a 'Kindness Goal' for this week. List one specific thing you will do to make another person feel valued and explain the positive outcome you hope to see. (2 marks)

Draw: Draw a 'Kindness Map'. Put yourself in the centre and draw arrows pointing outwards to different people (friends, teachers, family). At the end of each arrow, draw a symbol representing a kind act you could do for that person.

Extension challenge: Write a short poem in the style of Leo the Lion about how kindness spreads like ripples in a pond. Use at least three words from the word bank in your poem.