

PSHE Assessment: The Power of Kindness

Learning objective: To understand the impact of kind actions on ourselves and our community, and to identify how to be a supportive friend.

Read each question carefully. Use your best handwriting and explain your thinking clearly. This assessment is worth 25 marks in total.

Pip the caterpillar noticed that Zara the zebra looked sad during art class. Zara had accidentally smudged her painting of the sunset. Instead of laughing, Pip shared his extra set of brushes and helped Zara mix some new colours to fix the painting. By the end of the lesson, Zara was smiling again and they had created a beautiful new pattern together.

Word bank: empathy · support · community · wellbeing · respect · positive · impact · kindness

1. Based on the passage, identify one kind action Pip took to help Zara. Why was this action helpful? (2 marks)

2. Define the word 'empathy' and explain why it is important when talking to a friend who is feeling upset. (3 marks)

3. Give two examples of 'random acts of kindness' that you could carry out at school without spending any money. (4 marks)

4. If someone is being unkind to another student, what are two safe ways you could help or support the student who is being targeted? (4 marks)

5. Explain how a small act of kindness, such as offering to share equipment or giving a compliment, can change the 'wellbeing' of an entire class. (4 marks)

6. Extended Writing Task: Write a short story or diary entry (about 100 words) describing a time you witnessed kindness or carried out a kind deed. Describe how it made you and the other person feel, and explain why kindness is essential for building a happy community. (8 marks)

Draw: Draw a scene showing Nova the owl and Max the monkey working together to solve a problem. Label one action in your drawing that shows they are being kind to each other.



Extension challenge: Total: /25. Challenge: Research a person in history known for their kindness to others. Write one sentence explaining what they did and why they are remembered today.