The Kindness Garden: A PSHE Activity

Learning objective: To understand how kind actions contribute to a positive community and to identify the impact of empathy on others.

Use the space below to design your own 'Kindness Garden'. Think about how the actions of our BookFlik friends, like Leo the lion and Pip the caterpillar, help their community grow. Draw plants, flowers, or trees that represent different acts of kindness you can show to others.

Draw: Create a large, vibrant garden scene. In the centre, draw a 'Kindness Tree' where the leaves are different shapes and colours. On each leaf, write an act of kindness (e.g., 'sharing a pencil' or 'asking someone to play'). Around the tree, draw 'Empathy Flowers' that represent feelings. Use bright colours to show a positive atmosphere, and include small sketches of Pip or Leo interacting with the plants.

Label words: Support · Empathy · Respect · Generosity · Inclusion · Encouragement · Patience · Listening

Steps:

1. Identify one act of kindness you have drawn in your garden and explain why it is important for a classroom community.
2. Label your drawing with at least three words from the word bank to show where these values are taking place.

3. If someone in your class was feeling sad, which 'kindness flower' from your garden would you give them and why?

4. Leo the lion believes kindness is about bravery. Why might it take bravery to be kind to someone you don't usually talk to?

5. Think of a time you received a kindness. How did it make you feel, and how did it change your day?