Kindness: Growing Our Community

Learning objective: To understand the importance of kindness, empathy, and how small actions can positively impact the well-being of others in our school community.

Read the front of each card and think about your own experiences. Then, flip the card to see the answer and reflect on how you can show that quality in your daily life.

What is Kindness?

Kindness is the quality of being friendly, generous, and considerate towards others without expecting anything in return.

What does 'Empathy' mean?

Empathy is the ability to understand and share the feelings of another person by imagining yourself in their situation.

How can Max the monkey show kindness during a group maths puzzle?

By being patient with others, listening to their ideas, and helping them if they feel stuck.

What is meant by 'Inclusion'?

Inclusion is the act of making sure everyone feels welcome and invited to participate, regardless of their differences.

Why is 'Gratitude' a part of kindness?

Gratitude is showing appreciation for what others do for us, which makes them feel valued and encourages more kindness.

If Pip the bookworm sees someone sitting alone at break time, what is a kind action they could take?

Pip could kindly invite them to join in with a game or strike up a friendly conversation about their favourite books.

What is the difference between being 'polite' and being 'kind'?

Being polite follows social rules, while being kind comes from a genuine desire to care for someone else's well-being.

How can you show kindness to yourself?

By talking to yourself with encouragement, acknowledging your own efforts, and taking time to rest when you are tired.

What does it mean to be an 'upstander'?

An upstander is someone who sees an unkind act and chooses to speak up or support the person who is being treated unfairly.

Nova the owl notices a friend is sad. What is a 'compassionate' way to help?

Nova can sit quietly with them, listen to how they feel without judging, and offer a kind word or a comforting gesture.

Why does kindness help build a strong community?

It creates trust, makes people feel safe and valued, and encourages others to act with kindness, creating a positive 'ripple effect'.

Give an example of a 'random act of kindness'.

Holding a door open for someone, leaving a kind note for a teacher, or helping a classmate pack up their bags at the end of the day.