Kindness Quest with Max and Ellie

Learning objective: To understand the impact of kind actions, recognise the importance of empathy, and identify ways to support peers in the school community.

Join Max the monkey and Ellie the elephant as they explore how kindness makes the world a better place! Answer these 10 questions to see how much you know about being a great friend.

Answer Key: 1. B, 2. True, 3. True, 4. B, 5. Inclusion, 6. False, 7. A, 8. True, 9. Listening, 10. True. Kindness is about small, consistent actions that make others feel valued and safe.

Word bank: Empathy · Inclusion · Support · Respect · Compassion · Collaboration · Positive · Helpful

1. Max sees someone sitting alone at breaktime. What is the kindest thing to do? A) Ignore them B) Invite them to join in a game* C) Tell them to move D) Laugh (1 mark)

2. True or False: Empathy means trying to understand how another person is feeling. (1 mark)

3. True or False: Being kind also includes being kind to yourself when you make a mistake. (1 mark)

4. Ellie notices a friend is upset. What is the best way to show support? A) Walk away B) Ask, 'Are you okay? Do you want to talk?'* C) Start a loud argument D) Hide (1 mark)

5. What do we call the act of making sure everyone feels welcome to join in a group activity? (One word answer) (1 mark)

6. True or False: It is only kind to be nice to people who are your best friends. (1 mark)

7. If you accidentally bump into someone, what is the kindest response? A) Say 'I am so sorry, are you alright?'* B) Say nothing C) Blame them D) Run away (1 mark)

8. True or False: Giving someone a genuine compliment can brighten their entire day. (1 mark)

9. What is one of the most important parts of being a good friend when someone is sharing their feelings with you? (One word answer: L_ _ _ _ _ _ _ _) (1 mark)

10. True or False: Kindness is like a ripple effect; one small act can encourage others to be kind too. (1 mark)

Draw: Draw a picture of Max the monkey and Ellie the elephant working together on a project. Add a speech bubble showing one of them saying something kind to the other.

Extension challenge: Imagine you have £5.00 to spend on a 'Kindness Project'. Write a short paragraph explaining how you could use this money to help your local community or cheer up someone who is having a difficult time.