Kindness in Action: A Diary Entry

Learning objective: To understand the importance of kindness and reflect on how our actions impact others in our school and community.

Think about a time this week when you were kind to someone else, or when someone showed kindness to you. Use this diary entry template to reflect on how that act of kindness felt and the positive impact it had. Be sure to write in the first person and describe the events clearly.

Word bank: empathy · supportive · considerate · impact · generosity · gratitude · positive · thoughtful

1. The Act of Kindness: Describe what happened. Who were you with and what exactly did you do (or what was done for you)? (2 marks)

2. Feelings and Emotions: How did it feel in the moment? Use descriptive words to explain the emotions felt by you and the other person. (2 marks)

3. The Positive Ripple Effect: How did this act of kindness change the mood or the day for the people involved? (2 marks)

4. Reflecting on Character: Why is it important to show kindness even when no one is watching? Link this to the values of our school community. (3 marks)

5. Future Goals: If you had £5 to spend on a 'kindness project' to help someone in our class, how would you use it and why? (2 marks)

Extension challenge: Write a short poem or a 'kindness pledge' at the bottom of your page that you can share with Leo the Lion to inspire others to act with bravery and gentleness.