The Power of Kindness with Pip and Ellie

Learning objective: To understand the impact of kind actions on others and explore how small gestures contribute to a positive school community.

Read each question carefully and think about how Pip the caterpillar and Ellie the elephant might respond. Use your own experiences to answer the questions thoughtfully.

Kindness is like a ripple in a pond; one small, positive action can spread to affect many people. Being kind means showing care for others through our words and actions, even when it might be difficult. Pip and Ellie know that a kind word or a helping hand can change someone's entire day.

Word bank: empathy · supportive · gesture · community · compassion · cooperation · well-being

1. Pip notices a classmate sitting alone at lunch. Describe one specific, kind action Pip could take to make them feel included and explain why this action is helpful. (2 marks)

2. Ellie remembers a time someone was kind to her. Why do you think it is important to show gratitude when someone else performs a kind act for you? (2 marks)

3. Define the word 'empathy' in your own words. How does using empathy help you to be a kinder friend in the classroom? (3 marks)

4. Imagine a scenario where two students want the same piece of equipment during a PE lesson. How can they use 'cooperation' to solve this fairly instead of arguing? (2 marks)

5. If a friend is having a bad day, suggest two different things you could do to support their well-being. (2 marks)

Draw: Draw a 'Kindness Tree'. On the leaves, write or draw examples of kind things you have done or seen at school this week.

Extension challenge: Create a 'Kindness Calendar' for the next seven days. Write down one small, achievable act of kindness you plan to perform each day, such as giving a genuine compliment, helping a teacher, or tidying up a shared space.