The Power of Kindness: A Reflective Writing Frame

Learning objective: To understand the importance of kindness and reflect on how small actions can positively impact our school community.

Use the prompts below to structure your reflection on kindness. Think about a time you showed kindness or witnessed it, and describe why it matters.

Kindness is like a ripple in a pond; one small, thoughtful gesture can spread further than we ever imagine.

Word bank: compassion · thoughtful · consequently · furthermore · nevertheless · empathy · in addition · genuinely · supportive · transformative

1. Defining Kindness: In your own words, what does it mean to be kind? You might want to start with: 'To me, kindness is defined as...' (2 marks)

2. A Personal Experience: Describe a specific time you performed an act of kindness or saw someone else do so. Start with: 'One particular moment that stands out to me occurred when...' (3 marks)

3. The Impact of Actions: How did that act of kindness make the people involved feel? Use this starter: 'The impact of this action was significant because...' (3 marks)

4. Kindness in the Community: How can we make our school a kinder place? Consider: 'To foster a culture of kindness in our classroom, I suggest that we...' (3 marks)

5. A Final Reflection: Summarise why kindness is essential for everyone. Try: 'Ultimately, choosing to be kind is important because...' (2 marks)

Extension challenge: Write a short, anonymous 'Kindness Note' to someone in your class, highlighting a positive quality you admire in them. Use your best handwriting and ensure your message is supportive and encouraging.