Max and the Kindness Advent Calendar

About 15 minutes. Grown-up tip: Ask your child which act of kindness they chose today and how it made them feel.

This December, follow Max the monkey's guide to a kinder classroom! Each day, pick one task from the list below to brighten someone’s day. For example: If today is the 1st, you could smile at a friend in the playground.

- **Kindness means showing that you care about other people's feelings.**
- **Helping a classmate pick up their pencils shows you are a helpful friend.**
- **Sharing your favourite book with someone new helps build our school community.**
- **A kind word or a friendly wave can make someone feel safe and happy.**
- **Listening carefully when a friend speaks is a great way to show respect.**

Did you know? Did you know? Scientists have found that doing something kind for another person actually makes your own brain feel happier too! It is like a natural boost of joy for everyone involved.

Key vocabulary: generosity · thoughtful · community · support · empathy