The Kind Heart Advent Challenge

Learning objective: I can identify kind actions and understand why showing kindness helps our school community.

About 15 minutes. Grown-up tip: Ask your child to tell you about one kind thing they did for someone else today.

Read each question carefully. Choose the best answer for the multiple-choice questions or write your answer in the space provided. Remember, being kind is all about how your actions make others feel!

Answer Key: 1. C; 2. True; 3. B; 4. False; 5. Sharing; 6. A; 7. True; 8. Smile; 9. B; 10. Helpfulness.

Word bank: thoughtful · community · generous · respect · empathy

1. 1. What does it mean to show 'empathy'? A) To run fast. B) To eat lunch alone. C) To understand how someone else feels.* D) To draw a picture. (1 mark)

2. 2. True or False: Holding the door open for someone at the school hall is a kind act. (1 mark)

3. 3. If Mo drops his pencils, what is the kindest thing to do? A) Walk past him. B) Help him pick them up.* C) Laugh at him. D) Tell the teacher he is messy. (1 mark)

4. 4. True or False: Kindness only counts if you spend money on a gift. (1 mark)

5. 5. Complete the sentence: If Zainab has two apples and Priya has none, _____ one apple with her is an act of kindness. (1 mark)

6. 6. Why is it important to be kind to new children in the playground? A) It helps them feel welcome.* B) So they give you their toys. C) Because the teacher is watching. D) It makes you the boss. (1 mark)

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

8. 8. Write one word: What is a simple, free way to show kindness to a friend you pass in the corridor? (1 mark)

9. 9. Which of these is an example of 'active listening'? A) Looking at your shoes. B) Looking at the person and thinking about what they say.* C) Talking while they talk. D) Counting birds outside. (1 mark)

10. 10. If a classmate is struggling with a maths puzzle, what is the best way to be kind? A) Tell them the answer. B) Offer to work through it with them.* C) Do the whole page for them. D) Ignore them until they finish. (1 mark)

Draw: A warm, colourful illustration of Leo the Lion and a group of children (Amira, Jack, and Kofi) building a paper chain in a classroom, with each link of the chain having a 'kind act' written on it.

Extension challenge: Design your own 'Kindness Advent Calendar'. List 5 small, free things you can do this week to show kindness to your family or friends. Give a reason why each action would make the other person feel happy.

I did it! Name: _____ Date: _____

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