The Kindness Advent Calendar Challenge

1. Accept any reasonable act of inclusion, such as inviting a peer to join a game at break time or offering to help someone who is struggling with a task. (2 marks)

Working: The action must be specific and focused on a peer in the school environment.

1 mark for a specific action; 1 mark for explaining how it helps inclusion.

2. Accept any reasonable act of service at home, such as setting the table, tidying up toys, or writing a kind note to a family member. (2 marks)

Working: The action must be achievable and helpful to someone at home.

1 mark for a specific action; 1 mark for identifying how it helps or brings joy.

3. Accept any reasonable act of community service, such as picking up litter on the street, offering to carry shopping for a neighbour, or drawing a picture for a local resident. (2 marks)

Working: The action must be directed towards someone in the local neighbourhood.

1 mark for a specific action; 1 mark for identifying the recipient in the neighbourhood.

4. Performing acts of kindness without expecting a reward builds genuine empathy and strengthens community bonds, as the focus remains on the wellbeing of others rather than personal gain. (3 marks)

Look for: The student should mention that kindness is about the other person's feelings, not personal reward.

Good: It is important because it makes people feel happy and shows you are a nice person.

Better: It is important because kindness should be about helping others, not getting a reward, which makes the act more sincere.

Best: Performing acts of kindness without expecting a reward shows true empathy. It focuses on the wellbeing of the community rather than personal gain, which makes the gesture more meaningful and genuine.

What moves an answer up: The answer moves from a simple statement to a deeper understanding of the motivation behind altruism.

5. Accept any reasonable list of resources, such as paper, pens, coloured pencils, envelopes, or simply 'my time' and 'my effort'. (2 marks)

Working: The list must be relevant to the acts of kindness planned in previous questions.

1 mark for listing at least two items; 1 mark for ensuring they are cost-free or low-cost.

What a secure answer looks like

A secure answer demonstrates an understanding that kindness is an intentional, proactive choice that requires time and effort rather than money. Students should show empathy by considering the needs of others in different settings.

If your child is stuck

Ask the child to think about a time someone helped them and how it made them feel. Encourage them to choose one small thing they can do today that takes less than five minutes.

Common mistakes to watch for

Children often think kindness must involve buying a gift or spending money. Remind them that the most impactful acts of kindness are often those that cost nothing but show thoughtfulness.