The Kindness Advent Calendar Challenge

Learning objective: I can identify and plan small, intentional acts of kindness to support my community and school wellbeing.

About 15 minutes. Grown-up tip: Encourage your child to think of actions that genuinely help others rather than just buying items.

In this activity, you will create a 'Kindness Advent' plan. Instead of receiving gifts, you will plan one specific, helpful action for every day of the countdown. Your goal is to choose actions that cost nothing but time and effort.

Example: 'Day 1: Write a thank you note to the school librarian for keeping the books tidy.'

Fill in the slots below by sorting your ideas into three categories: School, Home, and Community. Your actions must be specific and achievable.

Word bank: encouragement · gratitude · support · community · wellbeing · initiative · generosity · empathy

1. 1. Write one act of kindness you could do in the classroom or playground to help a peer feel included. (2 marks)

2. 2. Suggest an act of kindness for someone at home that helps with a chore or brings them joy. (2 marks)

3. 3. Think of a way to help someone in your local neighbourhood (like a neighbour or the local postie). What would you do? (2 marks)

4. 4. Explain why it is important to perform acts of kindness without expecting a reward or a 'thank you' in return. (3 marks)

5. 5. List the resources or items you might need for your kindness acts (e.g., paper for a note, a spare pencil, or just your time). (2 marks)

Draw: A warm, inviting illustration of Max the monkey and Pip the caterpillar working together to decorate a paper chain, where each link has a word about kindness written on it.

Extension challenge: Design a 'Kindness Chain'. Write one act of kindness on a strip of coloured paper each day. Loop them together to create a physical chain that grows throughout the advent period.

I did it! Name: _____ Date: _____

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