# The Kindness Advent Challenge

*Learning objective: I can identify, practise, and reflect on acts of kindness that build positive relationships and support my school community.*

*About 15 minutes. Grown-up tip: Ask your child to pick one card and discuss how they could put that idea into practice tomorrow morning.*

Read the front of each card to see a question or prompt about kindness. Think about your answer, then flip the card to see the explanation. For example: Front: 'What is an act of kindness?' | Answer: 'Giving your time or help to someone without expecting a reward.'

**What is the main goal of a Kindness Advent calendar?**

To focus on giving to others each day instead of receiving items for ourselves.

**Why is 'empathy' important when choosing a kind act?**

It helps us understand how someone else feels so we can offer the right kind of support.

**Give an example of an 'anonymous' act of kindness at school.**

Leaving a polite note for a classmate or tidying up the book corner without being asked.

**How can you show kindness to someone who is feeling lonely at break time?**

By inviting them to join your game or simply sitting with them for a chat.

**Why is it important to be kind to yourself as well as others?**

Looking after your own well-being gives you the energy and patience to be kind to those around you.

**Is an act of kindness still valuable if it takes no money to do?**

Yes; acts like listening, smiling, or helping a teacher are often more meaningful than buying gifts.

**How does a 'Kindness Ripple Effect' work?**

When you are kind to one person, they often feel inspired to be kind to someone else, spreading positivity.

**What should you do if someone refuses your help?**

Respect their decision politely; kindness is about offering support, not forcing it on others.

**How can you show kindness to the environment near your school?**

By picking up litter on the playground or helping to look after the school garden.

**Why do we say kindness is 'contagious'?**

Because seeing others being kind makes people feel good and encourages them to repeat those behaviours.