The Kindness Advent: Giving More Than Presents

About 15 minutes. Grown-up tip: Encourage your child to share one kind thing they did each day over dinner to build a habit of reflection.

This December, let's count down to the holidays by giving rather than receiving! Every day, choose one action from our list to brighten someone's day. Example: 'Day 1: Give a genuine compliment to a classmate you don't usually talk to.'

■ Why does performing an act of kindness for someone else sometimes make the giver feel better as well?

■ List three ways you could show kindness to a neighbour or a family member during the winter months.

■ How can showing kindness in the classroom change the atmosphere for everyone during a busy school week?

■ Explain the difference between a random act of kindness and a planned act of kindness.

■ If you had a budget of £5, what is one way you could use it to create a kind surprise for someone in your community?

Did you know? Did you know? Research shows that performing acts of kindness releases oxytocin, often called the 'love hormone', which can actually make both the giver and the receiver feel happier and less stressed!

Key vocabulary: Altruism · Empathy · Community · Gratitude · Consideration