The Kindness Advent Challenge

Learning objective: I can understand the impact of intentional kindness and how small actions build a positive community.

About 15 minutes. Grown-up tip: Ask your child to explain why they chose their specific answers to help develop their reasoning skills.

Read the scenarios carefully. Choose the option that shows the most thoughtful and kind action. Some questions are True or False, and some require a short explanation.

Answer Key: 1.C, 2.True, 3.B, 4.True, 5.A, 6.False, 7.B, 8.C, 9.True, 10. True. For open-ended answers: A good answer identifies the specific impact on the person's feelings (e.g., 'It makes them feel valued'). A better answer explains why the action is helpful (e.g., 'It helps the person feel included in the group').

Word bank: empathy · community · compassion · gratitude · support

1. 1. Max sees a classmate sitting alone at lunch. What is the kindest action? A) Ignore them, B) Eat your lunch quickly, C) Invite them to sit with your group*, D) Tell them to move. (1 mark)

2. 2. True or False: Kindness is only about giving expensive gifts. (1 mark)

3. 3. Which action shows empathy? A) Laughing when someone trips, B) Asking someone if they are okay after they fall*, C) Walking away, D) Telling the teacher immediately. (1 mark)

4. 4. True or False: Holding the door open for someone at the village shop is a random act of kindness. (1 mark)

5. 5. Zara wants to show gratitude to her teacher. What should she do? A) Write a sincere thank-you note*, B) Buy an expensive item, C) Ask for better marks, D) Say nothing. (1 mark)

6. 6. True or False: It is okay to be unkind if you are having a bad day. (1 mark)

7. 7. What is the most effective way to help someone who is struggling with maths? A) Do the work for them, B) Explain the method clearly so they can try it themselves*, C) Give them the answers, D) Tell them it is too hard. (1 mark)

8. 8. Why is an 'Advent of Kindness' calendar helpful? A) It tells you what to buy, B) It is a competition, C) It encourages daily positive habits*, D) It is just for December. (1 mark)

9. 9. True or False: Listening to someone when they are talking is a form of respect. (1 mark)

10. 10. In your own words, why does being kind to others make you feel better too? Give a reason. (1 mark)

Draw: A warm, colourful illustration of a school notice board covered in 'Kindness Ideas' notes, with a robin perched on top and children smiling in their winter school uniforms.

Extension challenge: Design your own 'Kindness Advent' calendar for the next 5 days. List one specific, non-monetary action for each day that would help someone in your community.

I did it! Name: _____ Date: _____

Too easy? Try Greater Depth. Too tricky? Try Supported. More at bookflik.com/resources