The Kindness Advent Calendar Planner

Learning objective: I can identify, plan, and evaluate small acts of kindness to support my community during the winter season.

About 15 minutes. Grown-up tip: Encourage your child to choose acts that are free or low-cost, focusing on time and effort rather than gifts.

In December, many people have advent calendars. Instead of just receiving treats, use this planner to design your own 'Kindness Advent'. Each day, you will perform one selfless act to help someone in your family, school, or neighbourhood.

Example: If your prompt is 'Help at home', you might write: 'I will help Mum wash the dishes after dinner on Tuesday.'

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

1. Reflect: Why is it important to show kindness to others, especially during the cold winter months when some people might feel lonely? (2 marks)

2. Action Plan: List three people in your life (at home or school) who you could support this month and one specific thing you could do for each. (3 marks)

3. Budgeting for Kindness: If you wanted to bake biscuits for a neighbour, and the ingredients cost £2.45, how much change would you get from a £5 note? (2 marks)

4. Overcoming Barriers: Sometimes we feel too busy to be kind. Identify one obstacle that might stop you from completing your act and a solution to get past it. (2 marks)

5. Evaluation: After completing one act of kindness, describe how it made you feel and how the other person reacted to your gesture. (3 marks)

Extension challenge: Design a 'Kindness Token' card that you can give to the person you helped, explaining why you chose to do this for them.



I did it! Name: _____ Date: _____

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