The Kindness Advent Challenge

Learning objective: I can identify, plan, and evaluate small acts of kindness that positively impact my school and local community.

About 15 minutes. Grown-up tip: Discuss with your child how even the smallest actions, like a smile or a thank you, can brighten someone's day.

In a Kindness Advent, we focus on giving rather than receiving. For each task, think about how your action makes someone else feel. Example: If the task is 'give a compliment', a good response explains why the compliment is meaningful to that specific person.

Word bank: empathy · community · gratitude · inclusive · thoughtful · supportive

1. Max the monkey wants to start his Kindness Advent on 1st December. List two small, free acts of kindness he could do in the playground to make a new Year 3 student feel welcome. (2 marks)

2. Priya notices that an elderly neighbour in her village often struggles to carry heavy shopping bags. Explain how Priya could show kindness in this situation while keeping herself safe. Give a reason for your choice. (2 marks)

3. Kindness isn't just about big gestures. Why might a small, 'invisible' act—like picking up litter on the school field or holding a door open—be just as important as a large one? Use evidence from your own experiences. (3 marks)

4. Amira wants to create a 'Kindness Jar' for her family. If she puts in one act of kindness every day for the 24 days of Advent, how many acts of kindness will she have completed by Christmas Eve? (Calculation: 24 days × 1 act per day = ?) (1 mark)

5. Reflect on a time someone showed you kindness. How did it change your mood or your day? Describe the emotion you felt and why it was helpful. (2 marks)

Draw: A warm, inviting classroom scene showing a 'Kindness Advent' calendar on the wall, with envelopes containing handwritten notes of encouragement being shared between diverse children.

Extension challenge: Design a 'Kindness Advent' calendar for your classroom. Write down 24 original, low-cost ideas that involve helping others, showing appreciation, or improving your local environment.

I did it! **Name:** _____ **Date:** _____

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