

What's happening in the news this week?



Let's have a look at this week's poster!

15th - 21st December 2025



**What does
kindness look like?**

This week's story looks at events related to ...



What does kindness look like?

This winter, a charity called Small Acts of Kindness has sourced, packed and distributed over 10,000 'Warm in Winter' gift bags across Hertfordshire and Bedfordshire. Each bag includes things to keep people warm, like blankets, socks and hot drinks. The project aims to bring comfort to elderly and vulnerable people in the colder months. It shows that small acts of kindness can make a big difference in someone's life.

Learn more about this week's story [here](#).
Watch this week's useful video [here](#).



Do you have an emotional response you would like to share?



sad

despondent
disconsolate
dismal
doleful
downhearted
forlorn
gloomy
melancholic
miserable
woeful
wretched

angry

aggrieved
annoyed
discontented
disgruntled
distressed
exasperated
frustrated
indignant
offended
outraged
resentful
vexed

happy

beaming
buoyant
cheery
contented
delighted
enraptured
gleeful
glowing
joyful

confused

addled
baffled
bemused
bewildered
disorientated
indistinct
muddled
mystified
perplexed
puzzled

excited

animated
elevated
enlivened
enthusiastic
exhilarated
exuberant
thrilled

worried

agitated
anxious
apprehensive
concerned
disquieted
distraught
distressed
disturbed
fretful
perturbed
troubled
uneasy

overwhelmed

engulfed
inundated
overburdened
overloaded
saturated
submerged
swamped

afraid

alarmed
apprehensive
daunted
fearful
frantic
horrified
petrified
terrified

guilty

ashamed
compunctious
contrite
culpable
penitent
responsible
rueful

jealous

bitter
covetous
desirous
envious
envying
resentful
wary

thankful

appreciative
grateful
gratified
indebted
obliged
relieved

shocked

astonished
astounded
disconcerted
distressed
dumbfounded
horrified
staggered
startled
stunned
surprised

disgusted

affronted
appalled
horrified
repelled
repulsed
revolted
sickened

inspired

activated
encouraged
exhilarated
galvanised
influenced
motivated

embarrassed

ashamed
awkward
chagrined
demeaned
discomposed
humiliated
self-conscious
uncomfortable
uneasy
unsettled

interested

absorbed
captivated
curious
engaged
enthralled
fascinated
gripped
intrigued
riveted



Questions

What does kindness mean to you?
Does kindness always have to be a big, noticeable act, or do small acts matter just as much? How so?





- What are the benefits of kindness?
- Are we born with kindness, or is it cultivated through experience? Why?
- Is kindness always easy? Is it possible to be kind to someone without expecting anything in return? How so?
- How can we encourage more kindness in our communities? Does the duty of kindness extend beyond humans? Why?



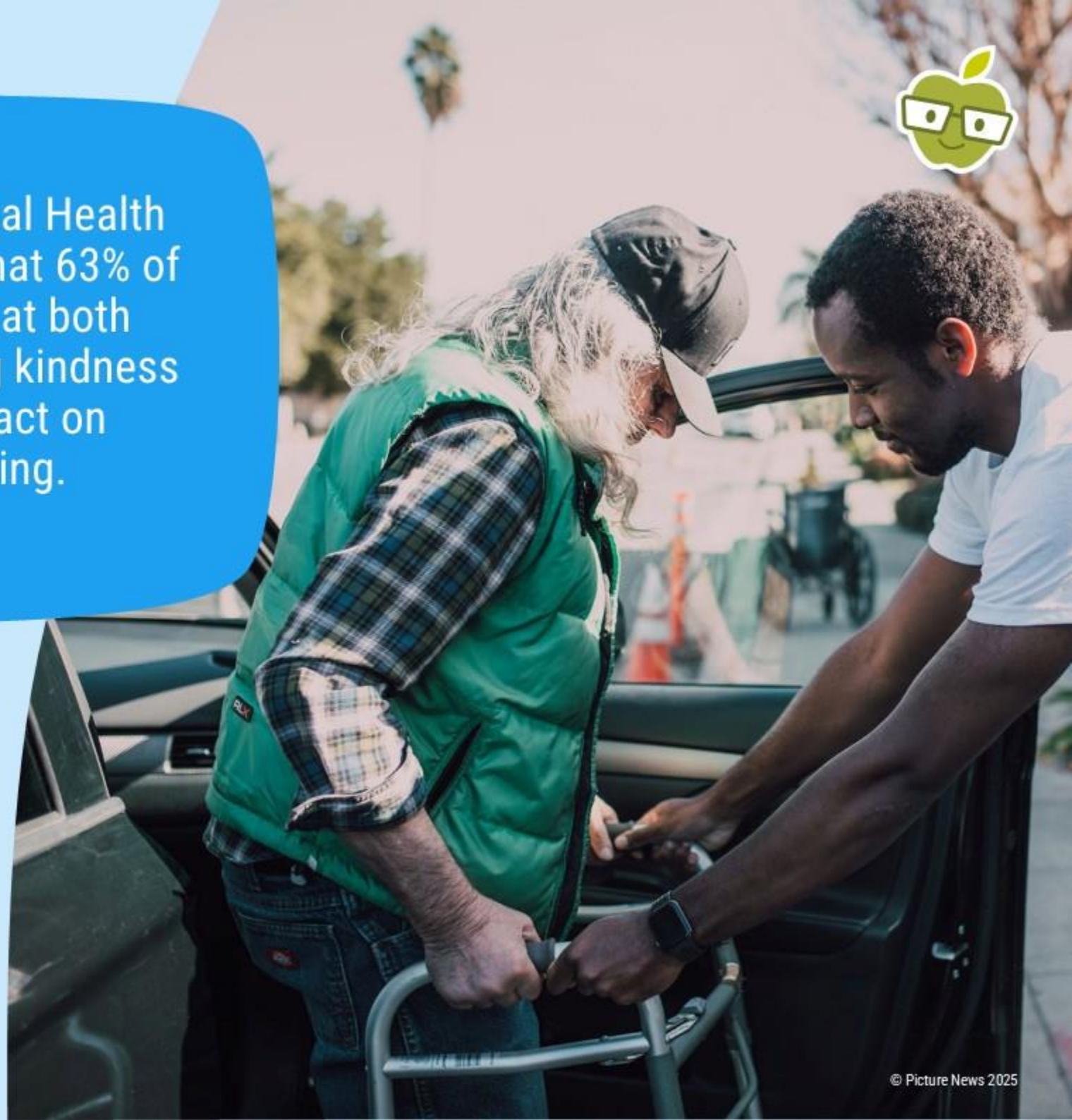


Vital statistics

According to research by Emory University, being the giver of a kind deed can activate your brain's pleasure and reward centres, making you feel good as if you were the one receiving the kind act. This positive emotional response is called the 'helper's high'.



A study by the Mental Health Foundation found that 63% of UK adults believe that both receiving and giving kindness have a positive impact on their mental well-being.





What others think

Read through and share your responses to the two quotes below.

"I've been searching for ways to heal myself, and I've found that kindness is the best way." Lady Gaga, singer, songwriter, and actor.

"Remember there's no such thing as a small act of kindness. Every act creates a ripple with no logical end." Scott Adams, author and cartoonist.

Further questions for discussion



- What does it mean to be kind to yourself? What are some different ways you can show kindness to yourself?
- Is it easier to be kind to yourself or to others? How so?
- How might being kind to yourself change the way you treat others?





**What does
kindness look like?**

Reflection



Kindness doesn't have to be big, the smallest gesture can show someone they matter and make a difference.



Democracy

The Warm in Winter project shows what can happen when people in a community choose to work together to help others.

When we listen to one another and make decisions together, everyone's voice can be heard, and we can all make a difference.

Protected Characteristics



Everyone, whatever their age, should feel safe, valued, and part of their community. No one should ever be excluded or treated unfairly because of how old they are.



Sex



Sexual
Orientation



Age



Disability



Gender
Reassignment



Marriage and
Civil Partnership



Pregnancy
and Maternity



Race



Religion
or Belief



UN Rights of the Child

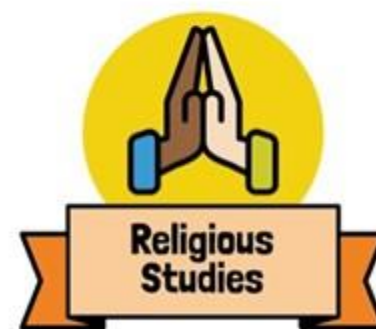
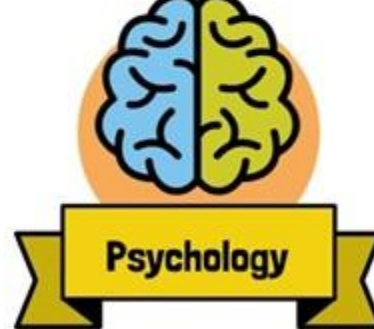


Every child has the right to a standard of living that helps them stay warm, healthy, and able to grow.

The Warm in Winter project shows us the importance of helping people to be supported with essentials like warmth and comfort, so they can feel safe and valued.



Cross Curricular Links



The story this week explores the value and role of kindness in thinking about how we help the elderly and others within our community.



Who Does This Work?



Job of the Week

Nurse

Nurses attend to the needs of those who are sick or injured, as well as those with physical disabilities.



Did you know?

The UK Government has recently pledged to create more jobs for newly qualified nurses.



Pathways Into This Career

- A degree in adult nursing approved by the Nursing and Midwifery Council.
- A Registered Nurse Level 6 Degree Apprenticeship if already working in a healthcare setting e.g., a hospital.
- Enlist in the armed forces to train as a nurse.



Skills Needed

- Empathy
- Teamwork skills
- Service oriented
- Psychological knowledge
- Detail orientated
- Client focused
- Resilient
- Ability to remain calm
- Computer literate



Discussion Prompt

Is the practice of unconditional kindness to all an achievable goal?

LET'S DISCUSS

15th - 21st
December



This week's news story

<https://bit.ly/3XPoPIE>

This week's useful video

https://youtu.be/FekJJ0a_oBQ?si=40huCYH7EWhUFUEg

In the news this week

This winter, a charity called Small Acts of Kindness has sourced, packed and distributed over 10,000 'Warm in Winter' gift bags across Hertfordshire and Bedfordshire. Each bag includes things to keep people warm, like blankets, socks and hot drinks. The project aims to bring comfort to elderly and vulnerable people in the colder months. It shows that small acts of kindness can make a big difference in someone's life.

Notes



Small Acts of Kindness

Share your thoughts and read the opinions of others

www.picture-news.co.uk/discuss



What does kindness look like?

Questions

- > What does kindness mean to you?
- > Does kindness always have to be a big, noticeable act, or do small acts matter just as much? How so?
- > What are the benefits of kindness?
- > Are we born with kindness, or is it cultivated through experience? Why?
- > Is kindness always easy? Is it possible to be kind to someone without expecting anything in return? How so?
- > How can we encourage more kindness in our communities? Does the duty of kindness extend beyond humans? Why?

Vital statistics

- > According to research by Emory University, being the giver of a kind deed can activate your brain's pleasure and reward centres, making you feel good as if you were the one receiving the kind act. This positive emotional response is called the 'helper's high'.
- > A study by the Mental Health Foundation found that 63% of UK adults believe that both receiving and giving kindness have a positive impact on their mental well-being.

What others think

- > Read through and share your responses to the two quotes below.

"I've been searching for ways to heal myself, and I've found that kindness is the best way." Lady Gaga, singer, songwriter, and actor.

"Remember there's no such thing as a small act of kindness. Every act creates a ripple with no logical end." Scott Adams, author and cartoonist.

Further questions for discussion

- > What does it mean to be kind to yourself? What are some different ways you can show kindness to yourself?
- > Is it easier to be kind to yourself or to others? How so?
- > How might being kind to yourself change the way you treat others?

 **Listen**

 **Think**

 **Share**

Share your thoughts and read the opinions of others

www.picture-news.co.uk/discuss



Additional Activities



Activity 1

The Kindness Reflection

This activity encourages reflection on acts of kindness that occur within our day-to-day lives.

Ask pupils to divide a piece of paper into three columns with the headings:

1. Kindness Received (something nice someone did for me this week).
2. Kindness Given (something nice I did for someone else this week).
3. Kindness Observed (something nice I saw happen between two other people this week).

Ask pupils to include at least one example in each column.

Invite pupils who are comfortable to share an entry from each column, focusing on the feelings associated with it.

Ask pupils: Which column was the easiest to fill? Which was the hardest? How so? Which of the three categories made you feel the most positive? Why? Now that you've focused on observing kindness, do you think you notice it more often?



Activity 2

The Class Kindness Challenge

This activity turns kindness into a visible, whole-class goal that pupils can visually track and celebrate together.

Introduce the concept of random acts of kindness. Ask the class: What is kindness? What does it look like to be kind to someone you don't know well, or even to the environment?

Explain the class will work together to create a list of kindness challenges they can complete over a set period (e.g., one week, one month).

Divide the class into small groups and ask each group to produce at least five specific, manageable acts of kindness they could perform within the school, for the community. Have each group share their best 3-5 ideas. Write the suggestions on the board.

As a class, review the combined list and agree on the final acts for the list. This will be your Class Kindness Challenge list.

The class can then design a poster and write up the final list somewhere visible with a dedicated space next to each item for tracking. As they complete their acts of kindness throughout the set period of time, they should track this.

Follow up the activity by asking: How can we continue to practice acts of kindness, even without the list?

