



Kindness & Compassion

A parent resource pack for children aged 4-6.



1 Explanation for Parents

Kindness and compassion help children develop strong friendships and positive relationships.

Young children often show kindness through small actions such as sharing toys, helping someone who feels upset or inviting someone to join a game.

Teaching kindness helps children understand that their actions can make others feel happier and more included.

2 Kindness & Compassion

Kindness means being friendly, helpful and considerate toward others.

Compassion goes one step further. It means noticing when someone feels sad, lonely or upset and wanting to help them feel better.

Young children naturally show kindness, but they may need guidance to recognise when someone needs help.

Parents can encourage compassion by helping children notice emotions and think about how their actions affect others.



3 A child-friendly explanation

You can explain kindness like this:

Kindness means helping people feel happy and included.

Sometimes people feel lonely.

Sometimes they feel sad.

When we notice someone who needs a friend and help them feel better, we are showing kindness and compassion.

4 A Short-Story Scenario

During a break at school, children were running and playing games. One child noticed someone sitting alone on a bench.

They looked quiet and a little sad so the child walked over and said “Hi, do you want to play with us?”

The new child smiled.

Soon they were running and laughing with everyone else.

One small act of kindness changed their whole day.



5 Conversation Questions

You might ask your child questions such as:

- How can we tell when someone feels lonely?
- What could we say to someone who is sitting alone?
- How do you feel when someone is kind to you?
- What are some ways we can show kindness every day?

These conversations help children think about compassionate behaviour.



6 Practical Activity

Kindness Mission

Create a “kindness mission” for the day.

Ask your child to try one act of kindness such as:

- ...helping a friend
- ...sharing a toy
- ...saying something nice
- ...inviting someone to play

At the end of the day, talk about what happened and how it made people feel.

7 Real-Life Examples

Children can practice kindness in many everyday situations.

At school

Inviting a child who feels left out to join a game.

At home

Helping a sibling or family member.

At the playground

Sharing toys or helping someone who falls.

In the community

Being polite and respectful to others.

These experiences help children learn that kindness is something they can practice every day.

8 Reflection Activity

Draw a Kindness Moment

Ask your child to draw a picture of themselves helping someone.

It might show:

- ...sharing toys
- ...helping a friend
- ...inviting someone to play

Ask your child:

“How did your kindness make the other person feel?”



9 Preparing for your personalised Empathy Adventure

In the Empathy Adventures story ‘The Bench That Needed a Friend’ your child becomes the main character who notices someone feeling lonely during breaktime.

In the story, your child:

- notices someone sitting alone
- walks over and says hello
- invites them to play
- helps them feel included and happy

Seeing themselves in the story helps children understand how small acts of kindness can make a big difference.



Empathy
Adventures®

About Empathy Adventures

Empathy Adventures helps children learn kindness, understanding and emotional awareness through personalised stories where they become **the hero of the lesson!**

Each adventure helps children practice important life skills such as:

- Understanding others
- Managing emotions
- Encouraging friends
- Working together
- Forgiving mistakes
- Showing kindness and compassion