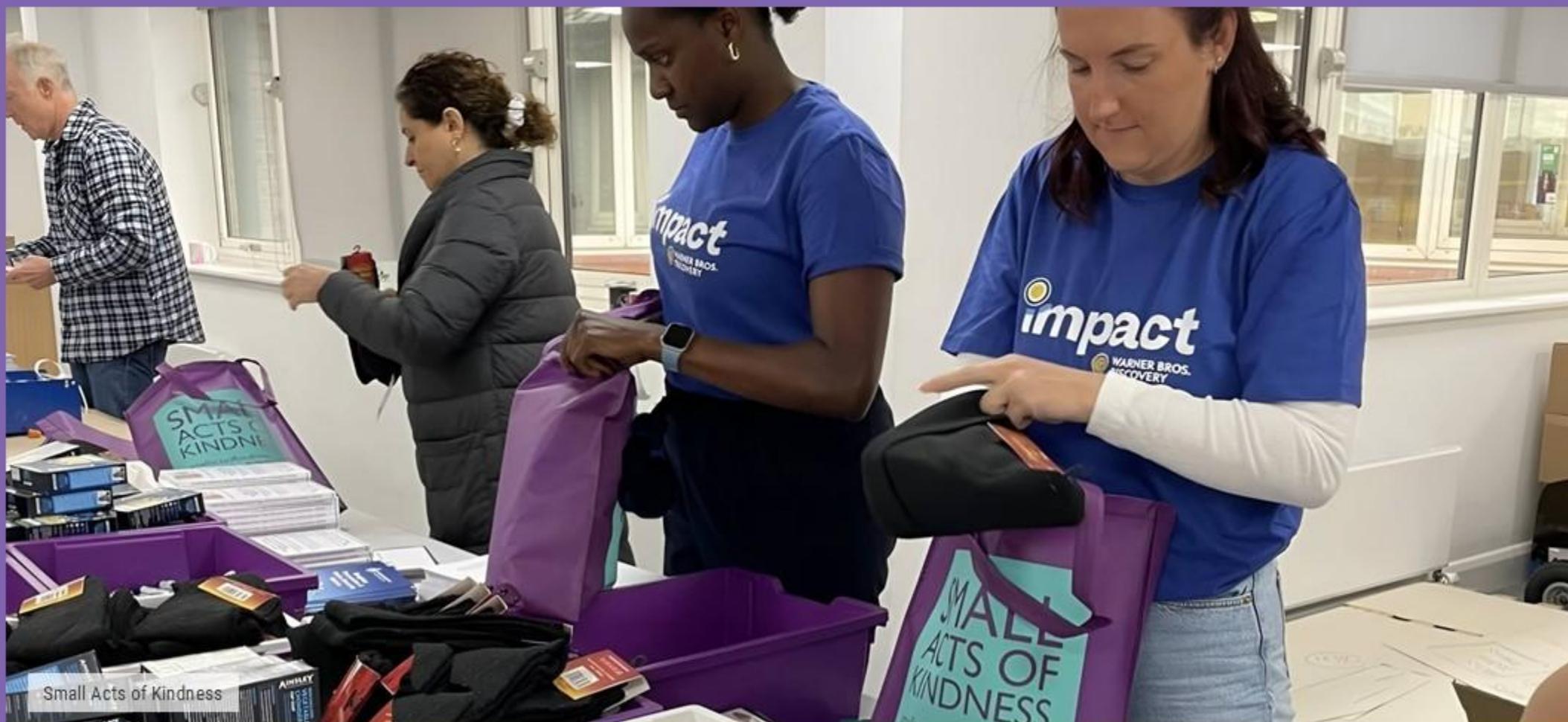


What's happening in the news this week?



Small Acts of Kindness

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

15th - 21st December 2025



**What does
kindness look like?**



Let's look at this week's story

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](#).
This week's Virtual Picture News [here](#).



How does it make me feel?



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
discomposd
humiliated
self-conscious
uncomfortable
uneasy
unsettled

interested

absorbed
captivated
curious
engaged
enthralled
fascinated
gripped
intrigued
riveted

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





Read through the information below all about the Warm in Winter campaign. Share your thoughts. Do you know if there is anything similar taking place in your local area?

Warm in Winter

Over 10,000 Warm in Winter gift bags have been delivered in Hertfordshire and Bedfordshire this winter. The bags are given to people who may find it difficult to keep warm in their homes and can feel lonely. It's part of a big campaign to spread care and support during the cold months.

What's in the bags?

Warm blankets

Socks and gloves



Sachets of porridge
and hot drinks



Information for
recipients



Source: Small Acts of Kindness Charity

Why are they sent?

To help people who may feel lonely or cold in winter, and to show kindness and care in the community.



Source: Small Acts of Kindness Charity

The bag is the kindest thing I have ever had. ... I was frightened to turn on the heating because of the cost and I was cold. I will use everything in the bag and I know that I now won't be so cold next winter. It's not a small act of kindness, it's a huge act of kindness that will keep me warm over the winter months.

A recipient of one of the bags.



Source: Small Acts of Kindness Charity

Fact File!



The project gets bigger every year.



Each bag is packed by volunteers by hand.



The charity fundraises to source the items.



Source: Small Acts of Kindness Charity



Look at the resource below, which show different ways people can show kindness every day.



I try to show kindness at lunch time. I wait patiently in the line and remember to say please and thank you.



I show kindness by helping to tidy up so everyone has a clean space to play and learn.



At circle time, we take it in turns to speak and listen carefully to what others are saying.



What different types of kindness can you see here?

What does kindness look like in your day?

Do the pictures give you any new ideas for being kind?

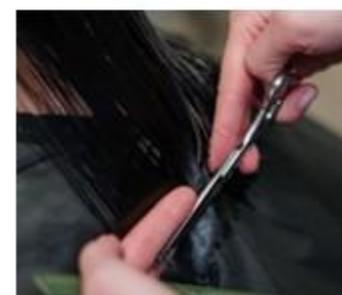
What values are shown through everyday kindness?



Look at the resource below, which shares some campaigns charities are running during the festive period.



Charity	What is each charity doing?
<p>The Salvation Army</p> <p>A worldwide Christian church and charity, which helps people in need and offers support in local communities.</p>	<p>Christmas Present Appeal</p> <ul style="list-style-type: none"> Collects new, unwrapped toys and gifts. Wraps and shares them with children and families who might not otherwise receive a present.
<p>BookTrust</p> <p>A national children's reading charity, which helps children access books and enjoy stories.</p>	<p>Christmas Appeal</p> <ul style="list-style-type: none"> Sends festive book parcels to children with few books of their own. Works with partners to deliver book parcels to children in different communities.
<p>Crisis</p> <p>A national homelessness charity, which supports people experiencing homelessness throughout the year.</p>	<p>Crisis at Christmas</p> <ul style="list-style-type: none"> Opens warm centres that bring joy, celebration and a welcoming space. Volunteers provide GP and nurse appointments, eye and ear checks, physiotherapy, foot care, and haircuts. Guests most in need may receive hotel rooms, essentials, and winter packs.
<p>RSPCA</p> <p>A national animal welfare charity, which protects animals and supports their care.</p>	<p>The Big Give Back to Animals, Winter Appeal</p> <ul style="list-style-type: none"> Rescues and cares for animals facing abandonment and neglect during winter. Holds festive community events to raise funds for animal care. Shares advice on having an animal-friendly Christmas, including safe treats and toys.



How do you think each campaign could make a difference to the people or animals it supports? How does the kind of help offered during the festive period link to the charity's wider mission?



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.



Media Literacy

What impact could the story have?



Explanation: Let's think about how this story of sharing kindness could impact us, our communities and the wider world.



Analyse



Evaluate



Research



Act

Questions to Discuss

- Why do you think this news story is being shared, and what impact could it have on the people who read or hear it?
- How might this story change the way people think about elderly or vulnerable members in their community?
- How might this story encourage people to act kindly, whether at home, in the community, or on a wider scale?

Reflection

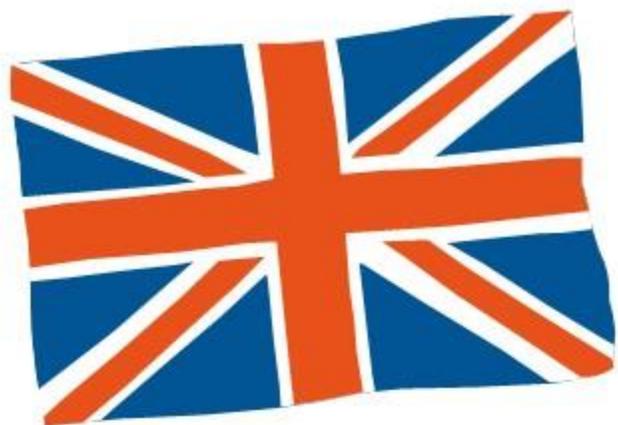
News stories can be powerful and influential, and when they show kindness in action, they may prompt audiences to consider how kindness can be part of their own communities.

Activity

Think about how this story might impact you. Read and finish these sentences:

- This story makes me think about...
- This story helps me notice...
- After hearing this story, I might...

Share some of your ideas with the class to show how the same story might impact people in different ways.



Democracy

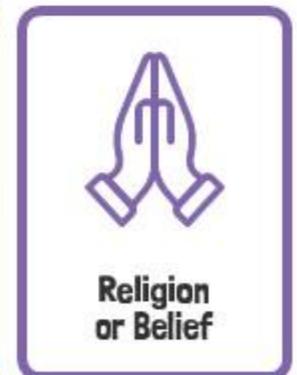
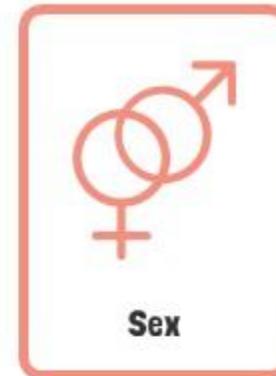
The Warm in Winter project shows what can happen when people in a community choose to work together to help others.

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.





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.



Useful Vocabulary



Comfort

To feel better, soothed and more at ease.

The project aims to bring **comfort** to elderly and vulnerable people in the colder months.

Elderly

The state of old age.

The project aims to bring comfort to **elderly** and vulnerable people in the colder months.

Fundraise

To collect money for a purpose, like a charity.

The charity **fundraises** to source the items.

Gesture

An action that expresses a feeling or idea.

The smallest **gesture** can show someone they matter and make a difference.

Volunteer

Someone who offers their time or services without being paid.

Each bag is packed by **volunteers** by hand.

Vulnerable

More at risk of being harmed or affected by certain situations.

The project aims to bring comfort to elderly and **vulnerable** people in the colder months.

Can you use them in your conversations this week?

Picture News



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.



- Look at this week's poster and share what you think could be happening.
- Read through the information found on the assembly resource all about the Warm in Winter campaign. Share your thoughts. Do you know if there is anything similar taking place in your local area?
- Watch this week's useful video, which explains more about the Small Acts of Kindness charity. Share your response to the comments given in the video.
- Share what your definition of kindness is. What does kindness mean to you?
- Explain that sometimes kindness isn't always easy, and at times it can mean being brave, patient or thoughtful. Can you think of a time when you were kind, but it wasn't easy? How did it make you feel afterwards?
- Do you believe the bigger acts of kindness are equally as important as the smaller ones? Why?
- Can you make a list of some kind things that take place every day? These could be at home, at school, or somewhere else.
- Have you heard of the phrase 'random acts of kindness'? Talk about what it means and your experience of them.

Reflection

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

Picture News



KS1 focus

What are some ways we can show kindness to others every day?



- Think about a time when someone was kind to you. What happened, and how did it make you feel?
- Reflecting on your day so far, do you feel you have shown kindness to others? If so, how? Make a list of examples of kindness from your class's day on the board.
- Look at **resource 1**, which shares some pictures of how we can show kindness to others every day.
- Discuss what you think is happening in each picture. How does it show kindness? Does everyone agree? Do any of your ideas about the images match the everyday kindness examples your class has experienced? Are there any that you thought of that aren't on **resource 1**?
- Can you think of moments when someone might need kindness even if they don't ask for it? What signs might help us notice when someone could use support?
- Think about the different places you go to each day, such as home, school or your local community. Share your thoughts on how kindness might look in each place.

Reflection

Everyday kindness can appear in quiet gestures, gentle words, or helpful actions that make a difference to others. Showing kindness every day helps us create spaces where people feel supported and included.

Picture News



KS2 focus

What other campaigns are charities running during the festive period?



- Begin by thinking about what a charity is. As a class, can you think of a definition that explains what a charity does?
- Can you name any charities? What do they do? Do they support people, animals, the community, or something else?
- Now think about the festive season. Why might some charities choose to do something extra over winter? What changes at this time of year might mean people, animals or communities need more support?
- Look at **resource 2**, which shares four examples of charity campaigns taking place during the festive period.
- Reflect on the campaigns on **resource 2**. What needs or problems do you think each charity is trying to respond to during the festive period?
- Many charities rely on the support of volunteers. Think together about some of the skills or qualities a person might need to be a volunteer.
- List some of the positives of volunteering. Reflect on what might be difficult or challenging, especially when volunteering over the festive season.

Reflection

The festive season is often a chance for giving and thinking of others. Charity campaigns at this time show how kindness can support people and animals who need it, helping winter feel a little warmer.



KS2 follow-up ideas

Option 1

Choose one of the charities mentioned on resource 2, and use your media literacy skills to safely research and learn more about their work. Explore trusted websites, such as the charity's official page, to find reliable information.

Think about:

- What do you already know about the charity? What would you like to find out?
- Can you find the charity's official website? How do you know it is trustworthy?
- What information does the website give about the charity's work and who they support?
- Is there a useful video on the website that explains more about the charity? What new information did you learn?
- How can you check that the information is accurate and reliable?
- Can you summarise what you discovered in three key points?

Option 2

Festive charity campaigns highlight the importance of kindness and thinking of others. Use this chance to reflect on kindness in your own community.

Reflect on:

- Why might kindness feel especially important during the winter period?
- What actions could help someone feel supported or included?
- How can communities work together to support people or animals who might need extra help?



KS1 follow-up ideas

Option 1

Design and write a recipe that shows what you think kindness is made of. Use the headings 'Ingredients' and 'Method', just like in a real recipe.

Think about:

- *What ingredients will you include? E.g., smiles, kind words, helping hands, patience.*
- *Will you use cooking verbs in your method, such as sprinkle, dash, mix or pop? How many steps will your recipe have?*
- *How will you set out your page? Will you add drawings?*
- *What do you want your recipe to show about the way you express kindness every day?*

Option 2

Make a simple bingo board with different acts of kindness in each square. You can work on your own grid, design one in a group, or create a whole-class version together.

Think about:

- *What kind actions could you include on your board? Smiling at someone? Holding a door open? Helping to tidy up?*
- *Will you draw pictures, write words, or use both?*
- *How many kind actions will your bingo board have?*
- *How will you mark off an act of kindness when you spot it or do it yourself? What do you notice as your bingo board fills up?*



This week's useful websites

This week's news story

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

This week's useful video

Small Acts of Kindness

https://youtu.be/FeKJJ0a_oBQ?si=40huCYH7EWhUFUEg

This week's Virtual Picture News

www.picture-news.co.uk/discuss

This week's vocabulary

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TAKEHOME

15th - 21st
December



What does kindness look like?

Small Acts of Ki

In the news this week

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Things to talk about at home ...

- Talk to someone at home about the campaign.
- Can you think of a time someone was kind to you? How did it make you feel?
- Do you believe helping others can make us feel happier too? Why?
- What are some small acts of kindness we can do at home, at school, or in our community?

Please note any interesting thoughts or comments

Share your thoughts and read the opinions of others

www.picture-news.co.uk/discuss



Seal Pups on Screen

Blakeney Point in Norfolk, England, is full of winter excitement which everyone can enjoy from home. A special solar-powered webcam is streaming live from England's largest grey seal colony, giving people a close-up look at the seals and their fluffy white pups until early January 2026. In 2023, almost 9,000 pups were born at Blakeney Point. That was a 77% increase in just five years, showing how quickly the colony (a group of seals) has been growing. Edward Stubbings, the National Trust's Area Ranger for Blakeney Point said, 'We're really proud to look after the largest seal colony in England.' The live camera shows lots of moments,



Pictured: A grey seal pup in the sand dunes in Blakeney, Norfolk.
Source: Canva.

such as seal pups wobbling across the sand, mothers caring for their babies, and bulls (male seals) showing their strength. During pupping season, a rope line helps keep people back, and dogs are not allowed on Blakeney Point. Volunteers also help visitors learn how to watch the seals responsibly. **Would you like to watch the seals on the webcam?**

Carols Around the Clock!

In Lebanon, a school is getting ready for a very big festive challenge. From 16th - 23rd December, Sacred Hearts School in Kfardebian will host a special Christmas carol concert and hope to set a new Guinness World Record for the longest Christmas carol concert ever, singing for 170 hours! The event will run both

day and night. There will be famous solo singers and choirs and many more. There will be no speeches, just Christmas song after Christmas song! People can come and watch at any time, even in the middle of the night. Guinness World Records says there must be at least 12 people in the audience for the record to count. Each song must last at least two minutes and performers only have 20 seconds to be ready for the next song. A special timetable has been made that will help keep the music going for the whole 170 hours.



Pictured: Lebanon on the map and its flag.
Source: Canva.

What Christmas song would you choose in a festive singing challenge?

How important is it to feel a sense of togetherness?



Without togetherness, it feels like you have a blank space in your body that needs filling with kindness.
Evie

Runaway Reindeer

A reindeer called Buddy sparked a huge search operation after he ran away from Santa's Enchanted Forest in Formby, Merseyside, UK. Police officers, a veterinarian, the Coastguard, and members of the Royal Marines were called in to help find and return him. 'Buddy got excited and jumped the enclosure,' explained Steve Howard, from Santa's Enchanted Forest. Buddy was later discovered on Formby beach using thermal binoculars! A lifeboat



Pictured: Buddy the reindeer running away. **Source:** HM Coastguard Crosby on Facebook.

quad bike team helped to shepherd him into the dunes and a police drone then monitored him until he fell asleep on the beach. The vet, supported by Royal Marines, then helped return him home. 'We're happy to report that Buddy is now safe, warm and snuggled up back home in north Wales. After his unexpected seaside adventure, he is enjoying some well-earned rest in his cosy stable and will be taking it easy for the rest of the year,' said Buddy's owners.

Have you ever seen a reindeer?
What do you think the best way to track one would be?



Pictured: Buddy the reindeer - seen here in night vision - was found on the beach. **Source:** HM Coastguard Crosby on Facebook.

Return Recycling in Romania

Romania is celebrating hitting an incredible 94% collection rate of plastic, glass, and metal containers after launching the largest return plan in the world! The country's two-year-old deposit return system means that when you buy a drink in a bottle, you pay an extra 0.50 Romanian leu (£0.09). This money is given back when you return the packaging for recycling, usually to the shop where it was bought from. The bottle must be cleaned and in its original shape when it is handed in at the collection point. Dana Chitucescu, from Pianu, Transylvania, said, 'It's a great system, everyone in our village uses it, there's always a queue at the shop.'



Pictured: School children visiting a recycling depot operated by RetuRO. **Source:** RetuRO SGR on Facebook.

'It is a zero to hero story,' said Gemma Webb, from logistics firm RetuRO, which works with the Romanian government and beverage packaging manufacturers. 'The products are clean, there is little contamination, they can be recycled easily, and we have full traceability as well, so we know every bottle that goes on the market.'

Do you recycle?
Can you think of any ways to improve how we do it?

How important is it to feel a sense of togetherness?



It is very important to have togetherness, it is a great way to communicate and feel safe.

Maddison