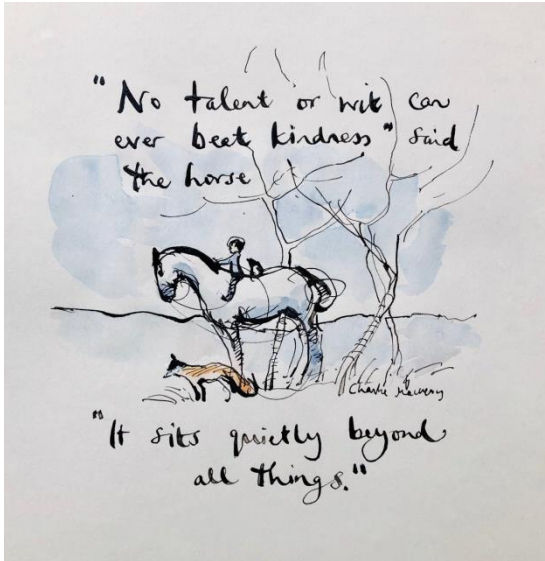


Mental Health Awareness Week



Next week marks Mental Health Awareness week and with a focus on kindness, there couldn't be a more timely reminder of this key human quality and our core school value. In the midst of the chaos and uncertainty which has engulfed the world over the past few months, it is the stories of kindness which have shone a light into dark times. There have been so many stories on a global, national, community and personal level which have been told over the past few months; from local groups which sprung into action to care for their elderly and vulnerable neighbours to rainbows in windows, from virtual film nights and quiz nights to letterbox surprises or simple messages, from donating to foodbanks to smiles between strangers whilst out walking and so many more...we hope that you have all had kindness touch your lives in some way.

The Mental Health Foundation states *'Kindness and our mental health are deeply connected... we have chosen kindness because of its singular ability to unlock our shared humanity. Kindness strengthens relationships, develops community and deepens solidarity. It is a cornerstone of our individual and collective mental health. Wisdom from every culture across history recognises that kindness is something that all human beings need to experience and practise to be fully alive.'*

We leave you with the words of J.M Barrie, ***'always be a little kinder than necessary'***; to yourselves and each other.



How many of these can you complete during the week?

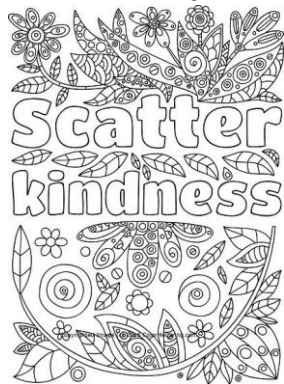


| | | | |
|---|--|---|--|
| <i>Pick someone and make a list of their 3 best qualities and give it to him/her.</i> | <i>Do something which makes you feel calm</i> | <i>Write a list of all the things you achieved today</i> | <i>Volunteer to do a household chore that isn't yours!</i> |
| <i>Listen to a piece of music that makes you smile and dance</i> | <i>Organise a virtual film night with a friend</i> | <i>Leave a thank you note for the bin collectors or postal workers</i> | <i>Send someone you know a joke to cheer them up</i> |
| <i>Send a letter to someone or make a phonecall to let them know you are thinking of them</i> | <i>Spend some time in nature</i> | <i>Get creative...paint a picture/take a picture/write a story/bake a cake/doodle</i> | <i>Make someone a cup of tea/sandwich/cake</i> |

Kindness Postcards



Ask pupils to design their own motivational quote. They could create it as a mindfulness colouring sheet - therefore sending a message of kindness to others and a little bit of kindness to themselves too...see example



Complete kindness bingo challenge

[Click on link](#)

Find a visual way to represent kindness

Make one of these with positive affirmations inside.

Videos

[The Science of Kindness](#) (this is nice...probably more suitable for year 4/5/6)
[Colour Your World With Kindness](#) (this is lovely...think it Claire used this in assembly once)
[Kid President - How good spreads](#) (quirky but good for Year 5 and 6)



Write a thank you letter

Make a virtual postcard - make a short film/message to send to someone telling them how much they mean to you...perhaps someone you miss and can't see at the moment





Create a self-care kit (for yourself or someone else)
WHAT TO INCLUDE IN YOUR SELF-CARE KIT

1. JOURNAL



7. COLORING BOOK



2. CHOCOLATE



8. WORRY JAR



3. TEA



9. ESSENTIAL OILS



4. WEIGHTED BLANKET



10. STRESS BALLS



5. HEADPHONES



11. BATH BOMBS



6. MINDFULNESS CARDS



12. CRYSTALS

