

#Kindness Matters

# MENTAL HEALTH AWARENESS WEEK 2020





The theme for this year's Mental Health Awareness Week is 'Kindness'

Something we have been focusing on in our wonderful school community.....

During these difficult times when you are not following your usual routines such as school, catching up with friends or seeing other family members, looking after yourself is so important



BE



Kind



to



yourself





**Create a Positive Box – for when you need a pick me up**  
Fill your box with things that make you smile and keep it for the days when you need that smile

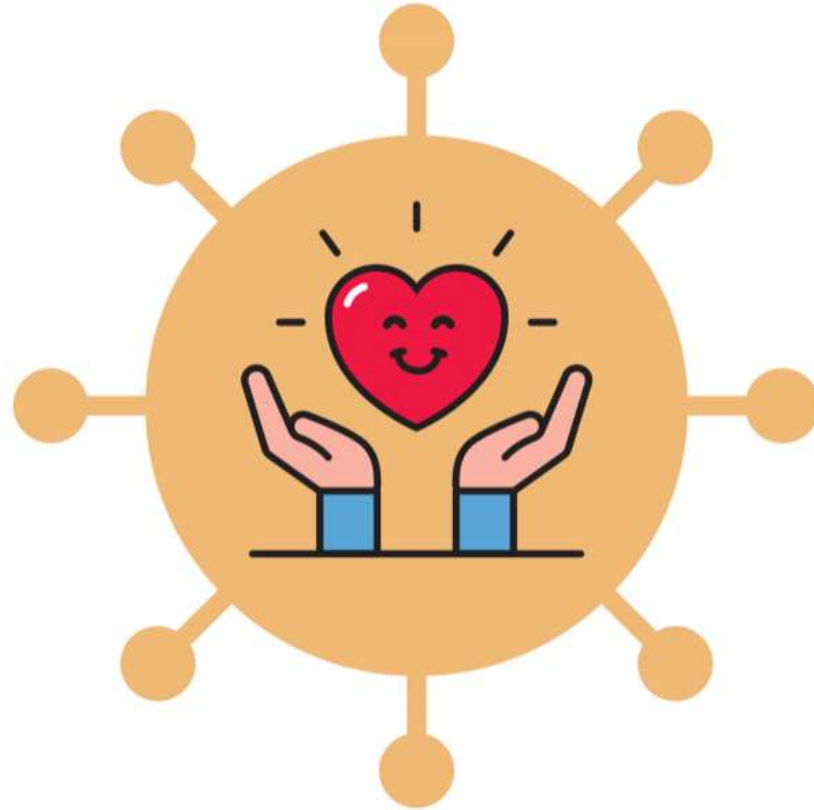
Ideas could include: photos, chocolate, mindful colouring books, favourite playlists, crosswords/sudoku, gratitude book, magazines, bubble bath/shower gel, running shoes, favourite movie



### *Colour breathing*

*Sit or lie comfortably and close your eyes.  
Imagine a colour that feels good to you  
e.g. the blue of the sky or the warm  
yellow of the sun. As you breathe in,  
imagine this colour slowly spreading  
through your whole body. Notice how this  
makes you feel. Now, imagine the colour  
of your worry and as you breathe out,  
slowly let this colour leave your body.*

# Kindness during the coronavirus outbreak



Kindness during the coronavirus outbreak



Arrange to watch a film  
at the same time as a  
friend and video call



Kindness during the coronavirus outbreak



Send a motivational  
text to a  
friend who  
is struggling



Kindness during the coronavirus outbreak



Arrange a cup  
of tea and  
virtual catch  
up with  
someone  
you know




Kindness during the coronavirus outbreak



Send someone  
you know a  
picture of a  
cute animal





What else can you do to support others around you.....why don't you aim to try out some of the random acts of kindness





**RANDOM ACTS OF KINDNESS**.....Try and aim to complete one a day for someone in your household, it's guaranteed to put a smile on their face!

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- Call a friend that you haven't spoken to for a while
- Tell a family member how much you love and appreciate them
- Make a cup of tea for someone you live with
- Help with a household chore at home
- Tell someone you know that you are proud of them
- Tell someone you know why you are thankful for them
- Send someone you know a joke to cheer them up
- Send an inspirational quote to a friend
- Send an interesting article to a friend
- Spend time playing with your pet
- Give praise to someone for something they've done well
- Arrange to have a video lunch with a friend



**Don't forget.....**

**Even though the school may be closed, it does not mean that we are not here to support you.**

**You can contact us via Tootoot, message your form tutor, year group leader or teacher via SMHW.**

