

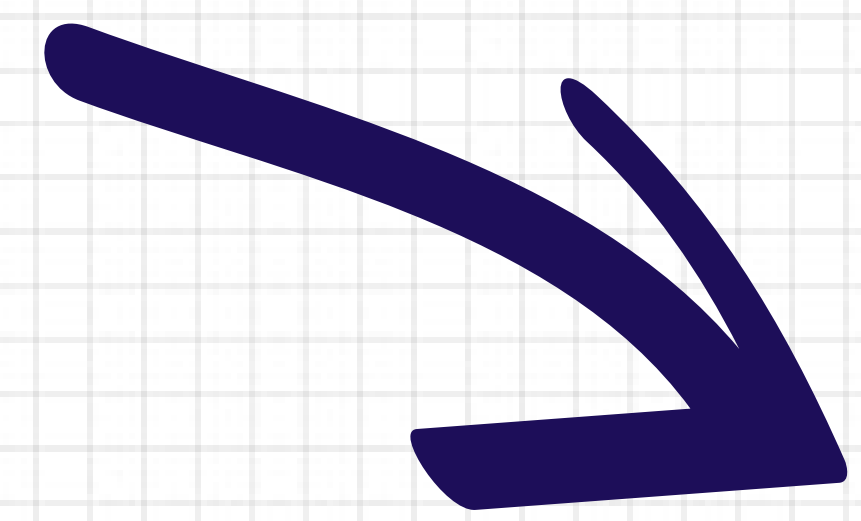
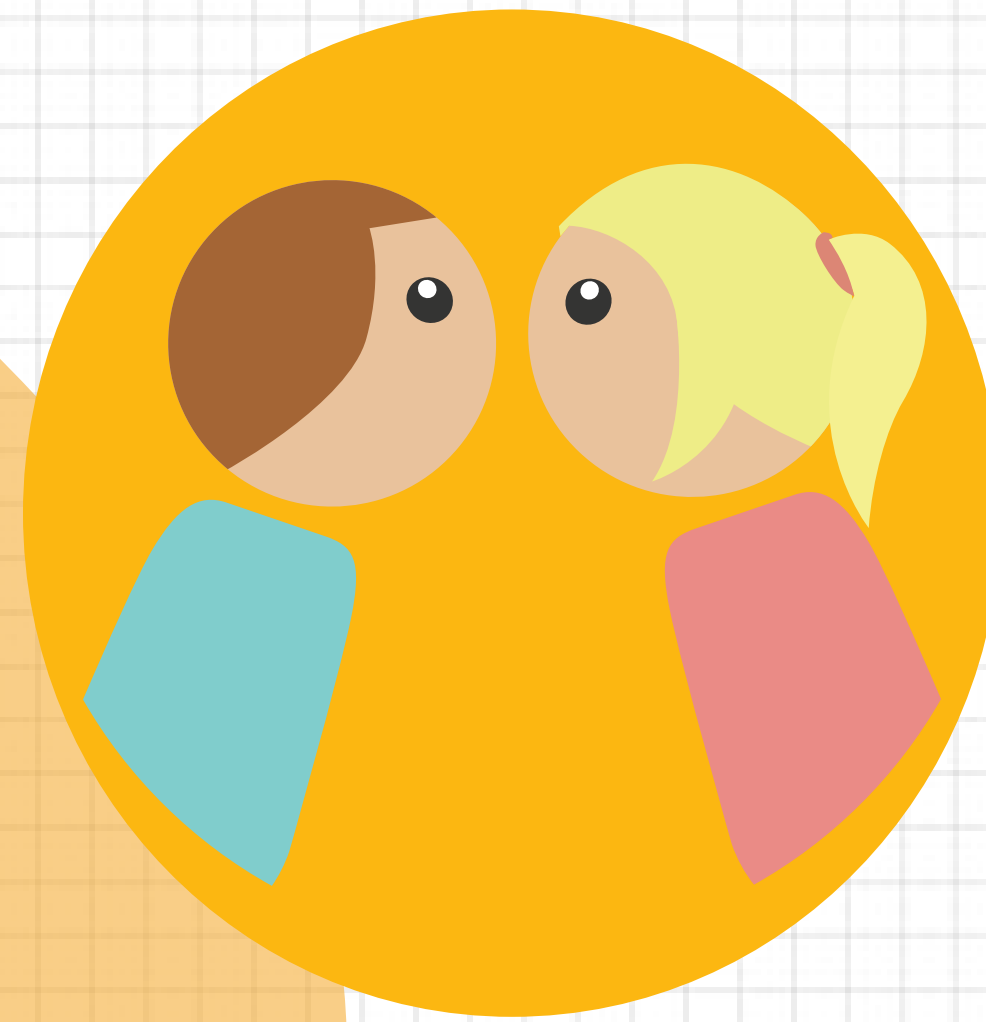
**Mental Health Awareness Week 18-24 May 2020**

# Kindness

Kindness means doing a good deed for someone else, and you can also be kind to yourself. Kindness brings people together and can make us all feel better. This week, think about how you can be kind to your family, people in your neighbourhood, and don't forget to be kind to yourself!

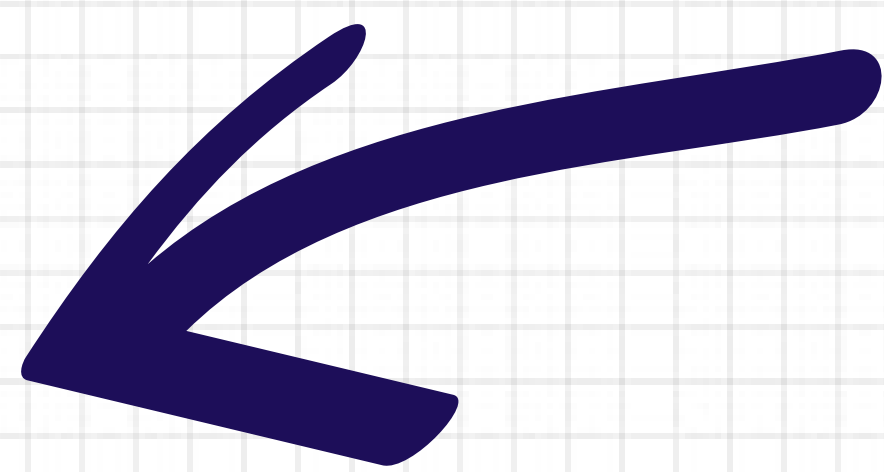
## Kindness to others

- Write a letter for someone who might be feeling lonely
- Tidy up your things
- Send a message to one of your friends to ask how they're doing
- Give someone a compliment



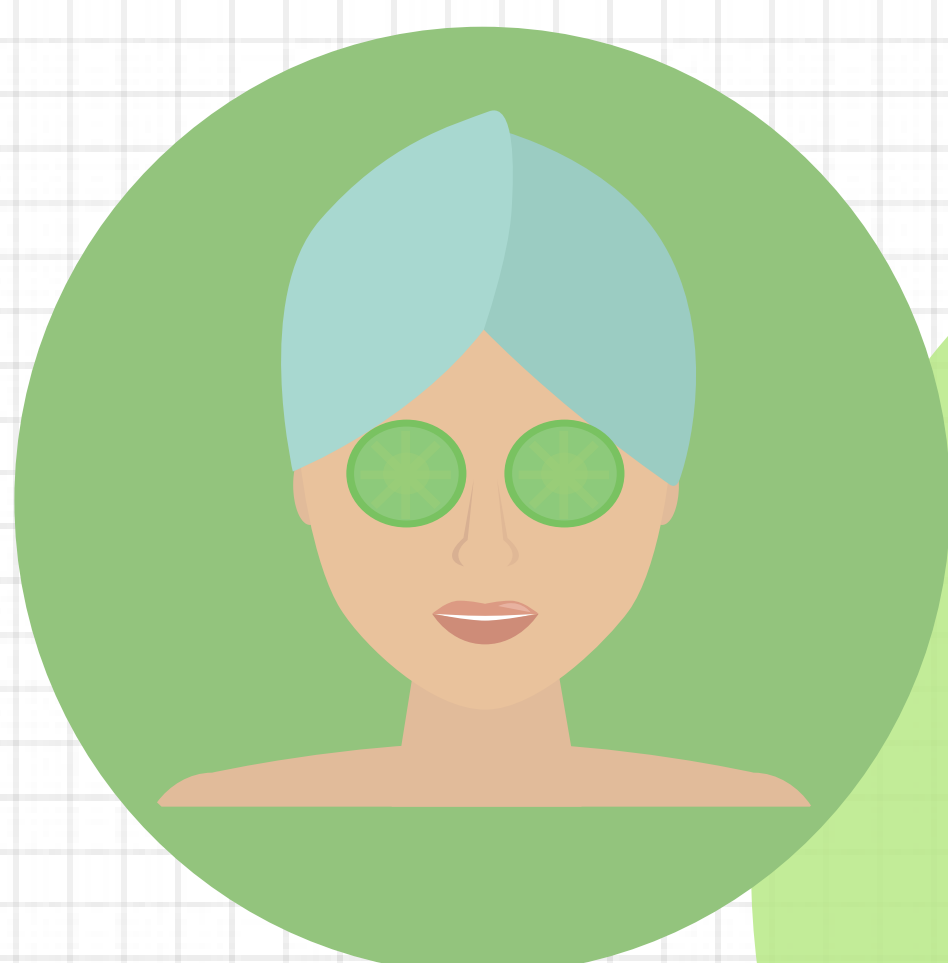
## Kindness in your community

- Kindness rocks: decorate a pebble to leave in your local park
- Make a thank you sign for delivery workers and put it in your window
- Write an uplifting message in chalk in your neighbourhood
- Paint a rainbow for key workers



## Kindness to yourself

- Do something that makes you happy
- Listen to your favourite song
- Get moving: stretch, exercise, dance – whichever you like the most!
- Get creative: draw, paint, sing, write a story, or get crafting






# Kindness calendar

Keep a note of your acts of kindness this week in the calendar below.

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	



## Looking for more ideas?

- Search 'KS2 Twinkl Kindness Week Resource Pack' on [www.twinkl.co.uk](http://www.twinkl.co.uk) for activities, resources, worksheets, and decorations
- Visit [www.redcross.org.uk](http://www.redcross.org.uk) and search 'power of kindness' for more ideas, worksheets, and information around kindness
- Go to [www.thekindnessrocksproject.com](http://www.thekindnessrocksproject.com) for inspiration on decorating your kindness pebble
- Read 'The Kindness Tree' book online by searching on [www.storyjumper.com](http://www.storyjumper.com)
- Set up a **kindness jar** in your home, placing a bean or stone in the jar for each act of kindness. This shows that lots of small acts of kindness add up to something bigger