

**Mental Health Awareness Week; Kindness**  
**May 18<sup>th</sup>- 24<sup>th</sup> 2020**

**Random Act of Kindness**

You can pick from the list below or think of your own! Do one or more daily for MHAW.

- Tidy your room without being asked
- Wash someone's car
- Offer to make someone a cup of tea/ get them a drink
- Pick up leaves
- Pick up litter and throw it in the bin when you see it
- Post someone a letter, card or postcard to let them know you're thinking of them
- Call a relative, friend or neighbour
- Help set the table for dinner
- Write happy notes in chalk on the pavement to brighten someone's day
- Write thank you/appreciation notes to people who have helped you or been kind to you
- Help make dinner
- Draw a picture to brighten someone's day
- Load the dishwasher
- Help unpack the grocery shopping
- Make a friendship bracelet for a friend
- Pick something up if it's fallen on the floor
- Help tidy away
- Sharpen all the colouring pencils so they are ready to be used by someone else
- Feed your pet or clean out their cage without having to be told
- Read your little brother or sister a bedtime story
- Offer to walk your neighbour's dog for them (only if your mum and dad say it's okay and will go with you).
- Paint rocks with pretty pictures or positive sayings and hide them in your neighbourhood for other children to find.
- When you go shopping with your parent/ carer, choose an extra item of food to donate to a food bank (if your parent agrees to this too)
- Make bookmarks to give out at school or donate to your local library

## What Kindness Means To You

Fill in and decorate our kindness hearts. You can do this on your own or in a group and create a kindness collage of all the things kindness means to you.



**What kindness means to me...**

## Practice Kindness Towards Yourself

Self-compassion and kindness towards oneself is really important; it benefits our physical, mental and emotional wellbeing.

It's not always easy being kind to ourselves or putting our needs first but with practice this will help you to feel healthier and happier.

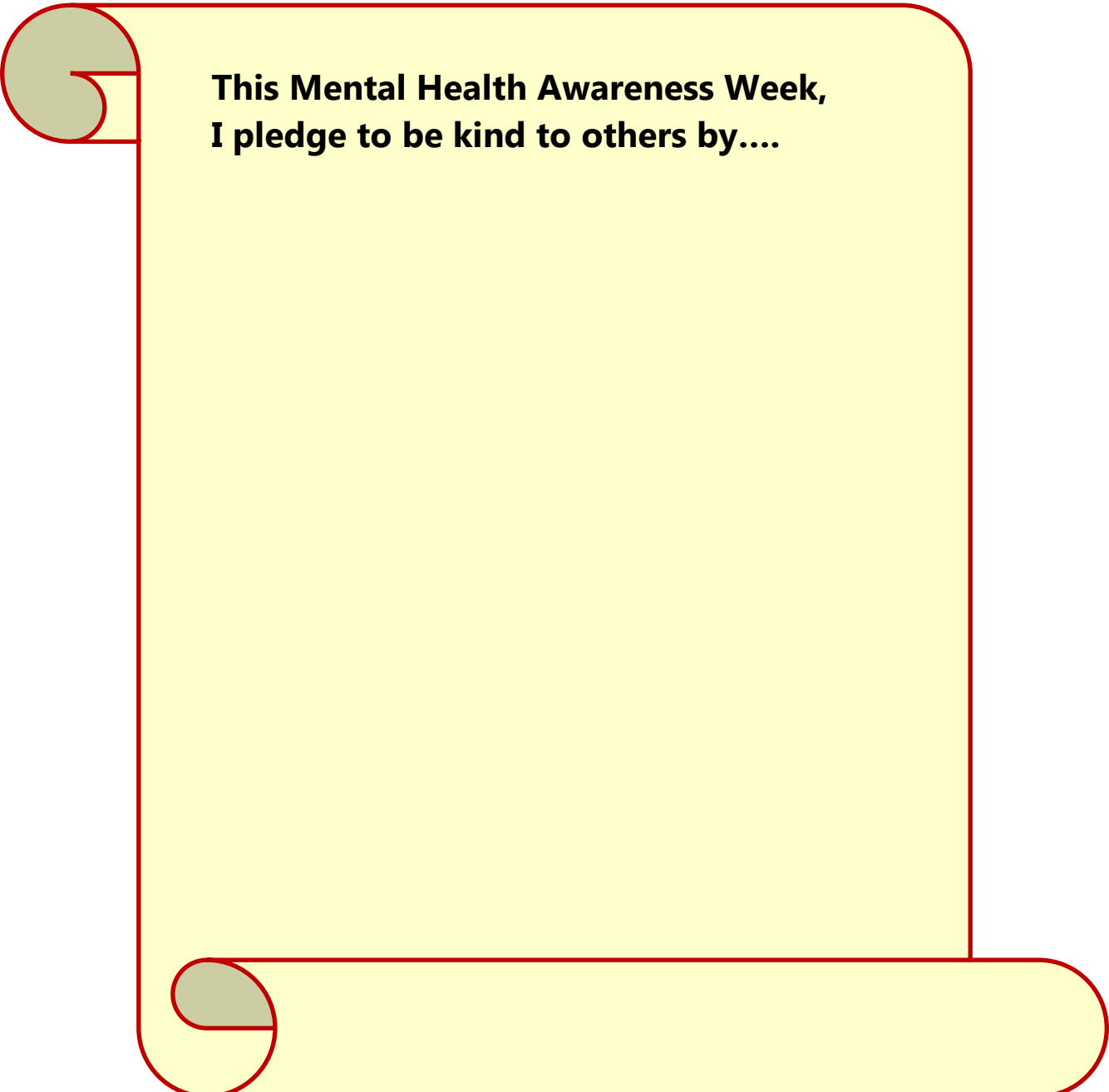
Here are some ideas of self-care activities to practice. See if you can practice every day of Mental Health Awareness Week and hopefully by the end of the week you will want to build it into your everyday routine:

- Have a bath or shower every day
- Make sure you have breakfast every day
- Limit the amount of time you spend on your phone/ using social media
- Connect with friends
- Let someone know/ ask for help if you are struggling
- Spend time doing a hobby or interest that you haven't done for a while
- Have an afternoon/ night off from studying
- Spend time doing activities that help relax you (e.g., listen to music)
- Get some fresh air or gentle exercise
- Try something new that you've always wanted to do (learn a new skill or hobby)
- Make a den
- Wash your hair
- Tidy and sort out your room (clean and organised spaces can help make us feel calmer)
- Go to bed early and get a good night's sleep
- Be silly, do things that make you laugh
- Create a daily routine; get up and go to bed at similar times every day
- Plan things to look forward to
- Write down how you are feeling (e.g. diary, blog)
- Access self-help if you are struggling ([www.hampshirecamhs.nhs.uk](http://www.hampshirecamhs.nhs.uk))
- Write a list of your positive qualities or things you are proud of; celebrate the uniqueness of you
- Unfollow or delete accounts/ apps that make you feel rubbish
- Make yourself a self-soothe coping box; <https://youtu.be/OyfgodSSdV4>
- Set yourself some goals to achieve (make sure they are realistic and achievable)
- Make a positive board; things that make you smile, motivate you or that make you feel good
- Look through photographs of fun times with friends and plan things to do with them
- Watch a favourite film, read a good book
- Bake or cook something with a friend or family member
- Spend time with a pet

Can you think of any others?

## Kindness Pledge

Write down your pledge and display it for everyone to see!



**This Mental Health Awareness Week,  
I pledge to be kind to others by....**

### Words of Kindness Activity

Complete this word search; how many words for kindness do you know?

K	A	L	Y	P	P	A	H	E	O	P	F	K	X	D
W	I	Z	E	O	D	S	U	T	C	A	R	E	J	A
E	P	N	N	J	G	A	G	E	D	E	I	C	L	H
B	X	F	D	N	U	T	S	M	Y	L	E	N	H	U
R	E	W	I	N	C	A	R	S	E	T	N	A	T	M
H	V	P	U	E	J	N	K	E	P	N	D	R	H	A
C	O	M	P	A	S	S	I	O	N	E	S	E	E	N
C	L	S	G	H	N	E	S	O	L	G	H	L	A	I
Z	E	D	T	Q	G	N	O	V	W	R	I	O	R	T
R	A	I	D	E	C	E	N	C	Y	I	P	T	T	Y
Y	T	O	G	E	T	H	E	R	B	R	F	C	S	P
E	G	N	I	D	N	A	T	S	R	E	D	N	U	M

- |            |           |               |
|------------|-----------|---------------|
| Kindness   | Gentle    | Understanding |
| Love       | Tolerance | Humanity      |
| Compassion | Coping    |               |
| Care       | Happy     |               |
| Friendship | Together  |               |
| Decency    | Heart     |               |
| Respect    | Hugs      |               |

## Use Your Words

Use the letters of the word Kindness to write a poem, a Kindness based acronym or just words associated with Kindness 😊

K

I

N

D

N

E

S

S

Resources and Initiatives;

<http://www.kindnessuk.com/> - you can request free School Kindness Packs (primary and secondary school) which are filled with ideas on how to spread kindness throughout your school.

<https://acts.kindness.org/initiatives>

<https://thegreatkindnesschallenge.com/>

<https://www.actionforhappiness.org/>

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

Video; Can I Help You With Anything? <https://youtu.be/OBqfKUWaku8>