

# Mental Health Awareness Week 18<sup>th</sup>-24<sup>th</sup> May 2020

## Theme – Kindness

### Activities for children and young people



#### 1. What is Kindness?

Think of a time when someone was kind to you  
What did they do?  
What were your thoughts?  
How did you feel?

#### 2. The Hand of Kindness

Draw an outline of your hand on a piece of paper. On each finger write or draw an idea of how you can be kind to other people

#### 3. Spread a little Kindness

Draw a mind map of ideas about examples of kindness using words and pictures

#### 4. Discovering Kindness

Look at news stories with examples of different acts of kindness including famous people who are known for their kindness

#### 5. Reporting Kindness

Write a blog or record a vlog reflecting on acts of kindness that you have found out about

#### 6. Logging your acts of kindness

Use the log sheets to record your acts of kindness during your time in isolation

#### 7. Looking to the future

Think of ways we can continue to be kind to each other when the crisis is over. Write this as a poem or draw a poster

## Logging Acts of Kindness

At the end of each day tick off the acts of kindness that you have shown. You will be surprised how much you are doing already. Then think about what you might be able to do tomorrow

 <b>Personal Acts of Kindness</b>	<b>Date</b>
Showing patience	
Saying 'please' and 'thank you' to someone	
Be a good listener	
Show forgiveness	
Smile at someone	
Show respect to others	
Be a positive role model	
Return borrowed property promptly	
Don't look at your phone when you're talking to someone	
Say 'I love you' to someone	
Give compliments	
Encourage others	
Make someone laugh eg. tell a joke or wear silly glasses/hat	
Stay at home during isolation	
Washing your hands for 20secs with soap and water	
Keep a safe distance from others when outside	

 <b>Acts of Kindness around the home</b>	<b>Date</b>
Tidy your bedroom	
Lay the table	
Clear the dishes	
Help with the washing up	
Help cook a meal	
Help clean the house	
Empty the rubbish	
Help make the beds	
Play with the pets	
Take the dog for a walk	
Feed the pets	

