

MENTAL HEALTH WEEK

Kindness



Kindness

- Week beginning May 18 2020 is Mental Health Awareness Week and this year the theme is **KINDNESS**.
- In our bank of previous resources there are presentations on Random Acts of Kindness, Looking after ourselves and Supporting others (school website-Academic tab-follow PSHE).
- This presentation is building on all past ideas but keeping it fresh and topical as we are away from school.
- So let's join this national movement in being kind to others and ourselves, it is so important for positive mental health in today's world and for the future.

Piglet:
How do you spell love?

Pooh:
You don't spell it,
you feel it.



Kindness

- So how would you describe **KINDNESS**?
- Here is one definition that people may agree with;
- **Kindness** is defined as the quality of being friendly, generous, and considerate. Affection, gentleness, warmth, concern, and care are words that are associated with **kindness**.
- Kindness is not about someone being naive or weak but showing courage, strength and putting others before self.



Kindness

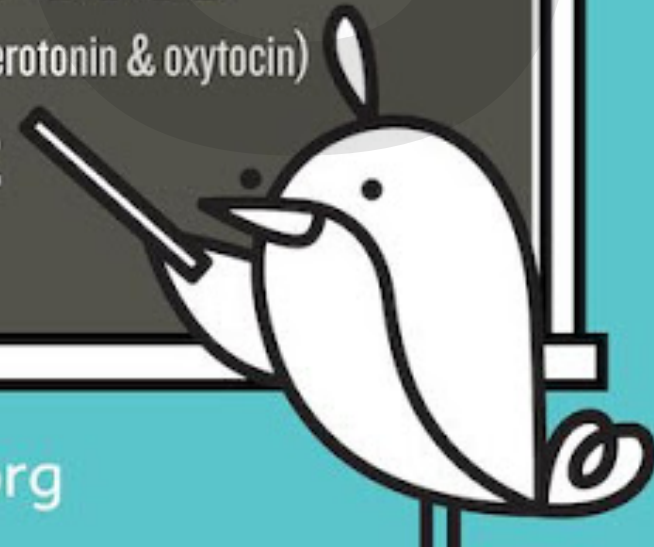
Who are we being kind to?;

- You
- Family members
- Friends
- Relatives
- Neighbours
- NHS workers
- Shop keepers
- Teachers
- Pets
-and many many more.

DID YOU KNOW? AN ACT OF KINDNESS CAN:

- ✓ **DECREASE STRESS**
- ✓ **BOOST HAPPINESS**
- ✓ **LOWER BLOOD PRESSURE**
- ✓ **RELEASE FEEL-GOOD
CHEMICALS** (serotonin & oxytocin)
- ✓ **INSPIRE MORE
KINDNESS!**

randomactsofkindness.org



Kindness

- Jesus Christ set a perfect example of kindness and love. Throughout his earthly ministry, Jesus showed his love for others by blessing and serving the poor, the sick and the distressed.
- He told his disciples, “This is my commandment, That ye love one another, as I have loved you”
- [John 15:12](#); see also [John 13:34–35](#).



Kindness

- The aim of this presentation is to try and help you stay positive during our current COVID 19 situation.
- We want to try and give you some simple tips about looking after yourself but also consider what you can do for others too.
- In addition there are some challenges, links and videos to support spreading kindness.



Kindness

- The following images speak volumes about how people have recently been putting others before themselves and showing incredible kindness.
- Think of all the doctors, nurses, medical staff and NHS key workers who have been on the front line looking after people and researching.



Kindness

- Despite all the efforts some invest in others it is still not enough.
- However, they do not falter, they do not give up, they do not lose hope and they do not feel self pity.
- These are the people who make us stronger, inspire us, are national heroes and give us hope.
- Can you learn something from their attitude, mind set and sacrifice for others?



Kindness

People in our communities want to show their appreciation for everything others have done.

It may not involve painting your house, but it could be;

- Buying some flowers
- Cutting someone's grass
- Washing the car
- Doing some shopping
- Walking the dog
- Knocking on a door and making sure people are ok



Kindness

Every Thursday at 8pm millions of us show our gratitude and thanks by clapping for the NHS. This is a coming together and display of national kindness, pride and celebration.

How can you show your own small version of what others do for you?

- Make a cuppa
- Do some vacuuming
- Wash the dishes
- Give loved ones a big hug
- Keep your bedroom tidy
- Offer to help with the cooking



Kindness

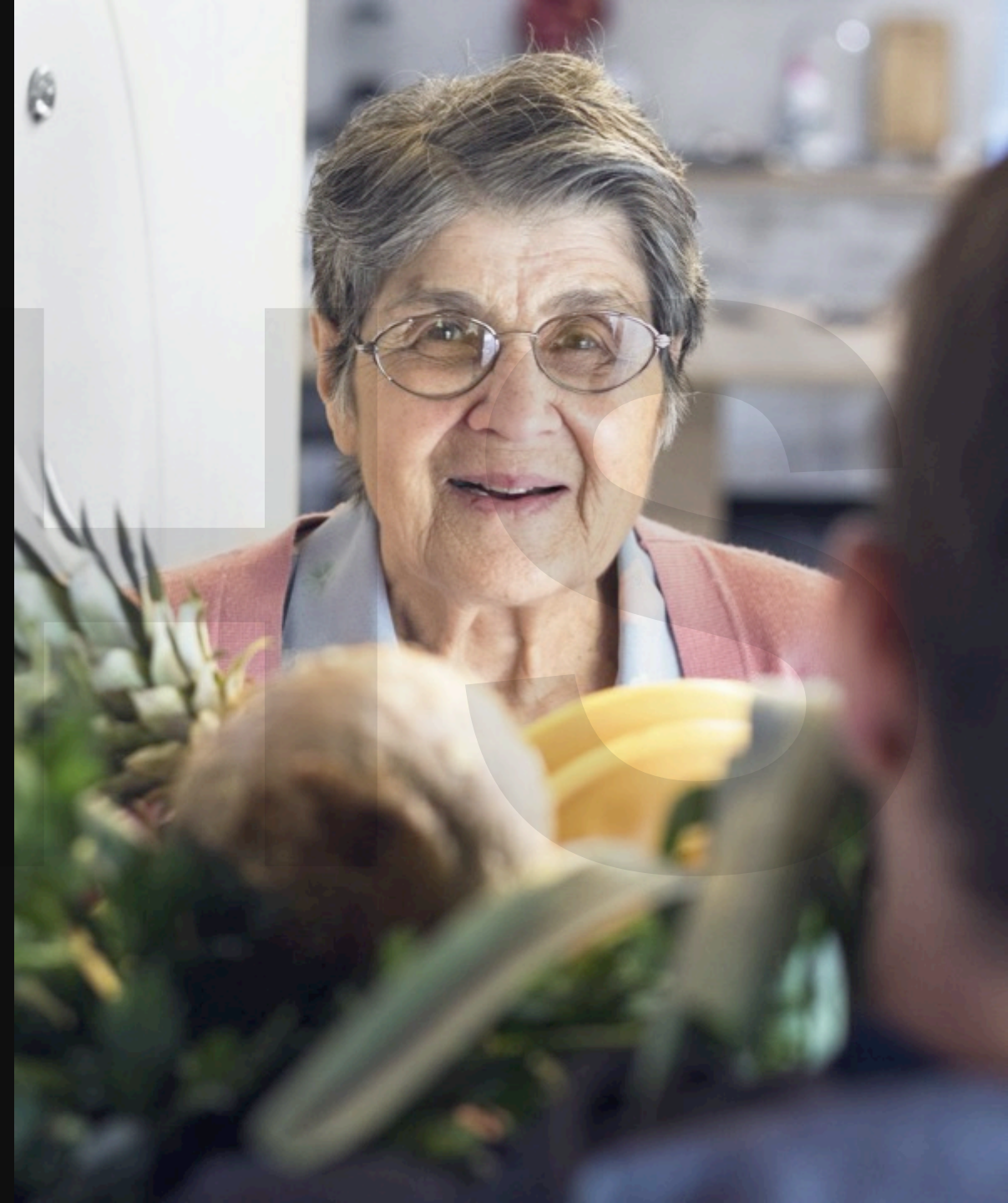
- Captain/Colonel and now SIR Tom
- A 99-year-old World War 2 veteran who thought it would be a good idea to walk 100 laps of his house before his 100th birthday for charity.
- Little did he know that his act of kindness and thoughtfulness would inspire and encourage not just our nation but communities around the world.
- £40,000,000+ raised for The NHS
- 150,000+ birthday cards
- No1 hit single 'You Will Never Walk Alone' with Michael Ball
- All because he was being KIND!!
- https://youtu.be/LcouA_oWsnU



Kindness

If you are mobile, fit and healthy what is stopping you from showing kindness to others?

- Have you thought about helping elderly relatives or neighbours?
 - Pick up your phone and speak to someone you love, miss or think would welcome a chat
 - Treat others as you would want others to treat you
 - Put someone's rubbish out on bin day
-



Kindness

All over our great nation there are people who care about their communities and are doing things to make lives better for others;

- Food banks
- Clothes banks/donations
- Neighbourhood Watch
- Recycling
- Shelter and care for the homeless
- Prescription collections for the elderly
- Planting flowers and trees
- Tidy Up/Litter Free schemes



Kindness

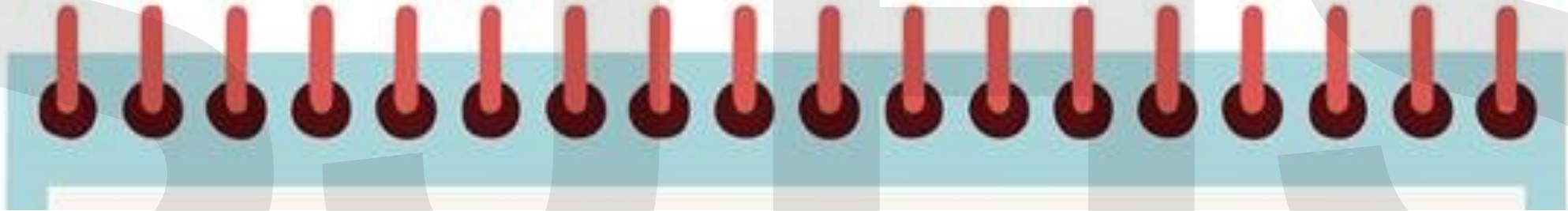
Our older generation have sacrificed so much for us to enjoy our freedom, equality and democracy. What small acts of kindness can we do to repay that generosity?

- Sitting, listening and talking
- Showing patience
- Giving sincere warmth and compassion
- Playing simple fun games like dominoes, cards or going through photographs
- Social visits
- ***It doesn't take much but it means the world.***



The power of kindness calendar

Use your calendar to record your daily kindness acts.



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Challenge 1;

- Try and make a Kindness Calendar
- What can you do for others and yourself over the next week?
- When you have sorted this week out try and plan the next month!

Kindness

Kindness

Challenge 2;

- This is not being selfish, but what can you do for yourself
- If you are looking after you then that means your energy and positivity can be passed onto others.



Kindness

Challenge 3;

- Use others to give you a little inspiration and get started. There are some brilliant charities out there. Try Tweeting these to start;
- @oxfamgb @BritishRedCross @Smiley_Movement @FoodBankNewport @VolWales @nurtureuktweets @actionforchildren @NewportFIS @barnardos @NSPCC_Cymru @unstoppableteen



Kindness

Challenge 4;

- Here is a pre planned programme for you to consider.
- Surely you can do one day?

Mental Health Awareness Week

	Monday	Tuesday	Wednesday
The 7 Day KINDNESS Challenge!	Make a cup of tea for someone in your family	Send someone you haven't seen in ages a letter or a postcard	Donate food or clothes to people in need
Thursday	Friday	Saturday	Sunday
Bake a cake or some biscuits to cheer someone up	Ask your parents for a chore that would really help them out	Video call someone you know is feeling a bit lonely	Be kind to yourself and spend some time on YOU!

Kindness

Challenge 5;

- A huge thank you to our colleagues at All Saints Primary School, Greenock, Scotland for sharing their Kindness grid.
- Can our St Joseph's community rise to the challenge?

Social and Emotional Learning

SEL Kindness Challenge

Can you complete our SEL Kindness Challenge?
Colour in each box when you've completed that challenge.



kind

With Other Children	When At Home	When Home-Schooling	Towards Adults
Invite a friend to play an online game with you	Give a compliment to someone at home	Send your teacher an email to say hi and make them smile	Write a letter to an elderly relative or neighbour and post it to them
Text a friend and ask how their day was	Use your calming down strategies	Help a younger brother or sister with something they don't understand	Donate food to a food-bank
Sort through old items of clothing and find things you can donate to charity when shops re-open	Set the table for dinner and clear up afterwards	Tidy up your work-station and keep it neat and organised	Clap to thank the NHS and display your Rainbow picture on your window
Send a friend a letter or card to let them know you're missing them	Tidy your bedroom without being asked	Write a poem about kindness	Leave a thank you note for your postman/woman
* Bonus * Think of one act of kindness of your own!	* Bonus * Think of one act of kindness of your own!	* Bonus * Think of one act of kindness of your own!	* Bonus * Think of one act of kindness of your own!

Kindness

Challenge 6;

- Please spend a little time watching these videos to give you some general knowledge and background information;
- <https://youtu.be/Qcyc68d6OAK>
- <https://youtu.be/KSKupsrgdsI>
- Please look after yourself and try to support those around you.
- If you need help, please talk to those you trust and love.
- Check out our Wellbeing Twitter account on @SJHswellbeing

