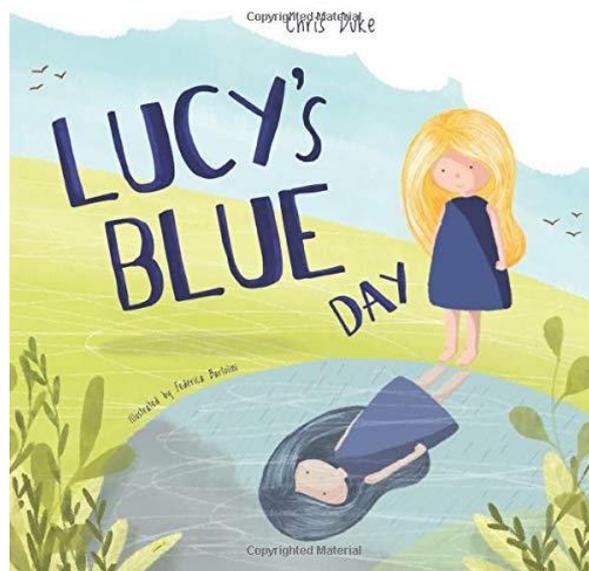


MENTAL HEALTH
AWARENESS WEEK
KINDNESS 18-24 MAY 2020

This week is **mental health awareness week**. We have thought a lot about our mental health, at school, this year, with our positive mental health charts at school. We have focussed on being more positive, doing activities that makes us feel better all to improve our mental health, every week.

Now we are at home, it's even more important we think about our mental health and do the little things to keep us happy and positive.

Sometimes we have a blue day, just like Lucy! That is okay because we all have blue days but we have things we can do to make us feel better. When we are feeling a little bit blue, when someone is kind to us it always makes us feel better. This week, the theme is kindness, so below is some activities, linked to being kind to others, for you to have a go at.



<https://www.youtube.com/watch?v=UmrUV8v-KQg>

<https://www.youtube.com/watch?v=-RXF5-29VGU>

Activities for this week:

1. What colour is your hair today?
2. Random Acts of Kindness Presents
3. Long distance hug activity
4. Kindness Bingo

Activity one: What colour is your hair today?

Today my hair is ...

me

I'm feeling **ANGRY**
and my hair goes **RED** when...

my
ANGRY
FACE

When I am feeling angry and my hair is red, I could....

1. Stop, take a deep breath and count to 10

2. _____

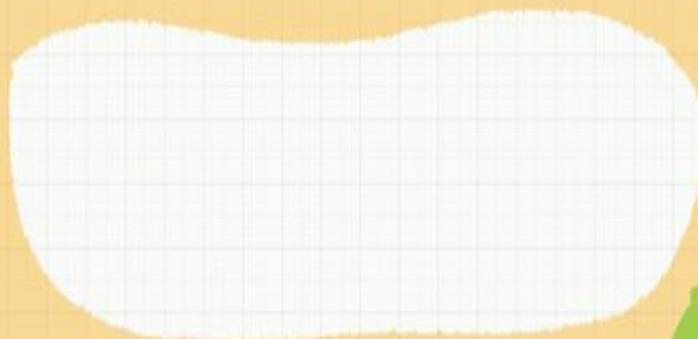
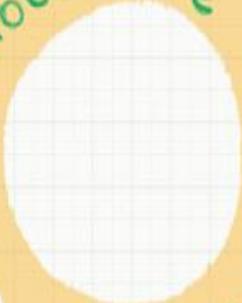
3. _____

4. _____

5. _____

I'm feeling **JEALOUS**
and my hair goes **GREEN** when...

Jealous face



When I am feeling jealous and my hair is green, I should....

1. think about all the good things I have in my life

2.

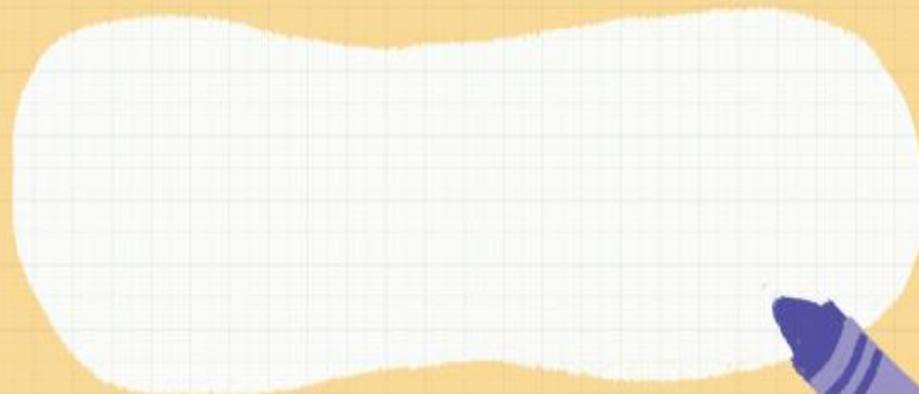
3.

4.

5.

I'm feeling **HAPPY**
and my hair goes **PURPLE** when...

Happy face



When I am feeling happy and my hair is purple, I should....

1. remember this feeling and hold onto it for my blue days

2.

3.

4.

5.

Activity two: Random acts of kindness presents

Making something for someone else is a really kind thing to do, especially for people that we don't always say thank you to. Maybe a neighbour helps you and you don't say thank you or maybe your grandparents do lots of nice things for you.

Lets have a go at making **pet rocks and paperweights** or **bookmarks**.

What you need: rocks; paint; paper; scissors; pencils, crayons, or markers; googly eyes; stick-on gems.

What to do for pet rocks and paperweights:

- Find nice smooth rocks. This can involve a fun trip to the beach, the park, or your local building supply store.
- Paint the rock. This will involve some drying time, but you can also leave the rocks in their natural state and write on them with a marker if you are short on time.
- Attach googly eyes if making a pet rock. If you are making a paperweight, decorate the rock with stick-on gems and write messages: 'I love you,' 'You are beautiful,' 'You make me smile,' 'I love your laughter,' 'You are fun!'
- Give the rock to a neighbour or friend. Or, treat them as kindness rocks that you hide around neighbourhoods and other places for people to find! There's no greater feeling than knowing you have added some positivity in the life of a complete stranger.



- For bookmarks:
 - Cut paper into strips. You can measure them against your favourite book.
 - Decorate the bookmarks with pictures or messages as shown.
 - While you are making the present, talk about the person you're going to give it to. A grandmother who reads a lot, maybe, or a neighbour.



Activity three: Long distance hug

If someone you know is going through a hard time, whether they're a bit sad or are dealing with an illness, sending a long distance hug is a kind way to let them know you are there for them.

What you need: construction paper; crayons or markers; yarn or string; glue; scissors. Envelopes and stamps.

What to do:

- Have the kids trace their hands and cut out the shapes.
- Cut a length of string or yarn and glue one end to each hand cut-out.
- Write a message on each hand, or decorate the hands. Add a small card telling the recipient that they are receiving a long distance hug.
- Mail the hug.



Activity four: Kindness bingo. Can you complete a row?

Be kind!

Help someone with a job around the house without being asked.	Make a card for someone thanking them for all they do.	Give someone a hug when they really need it.	DO A DANCE TO PUT A SMILE ON YOUR FAMILIES FACES
Organize an afternoon of games for your friends or family.	Do a good deed for a neighbor.	Write a letter to your teacher.	Read a book to a younger child.
Make a thank you card for a community helper.	PAIR THE SOCKS OR HELP WITH THE WASHING FOR YOUR PARENTS OR CARERS	Go somewhere with your family and smile at everyone you see.	Clean out your bedroom and donate toys and clothes to a charity.
Make "Be Happy" notes and pass them out.	Let someone go ahead of you in line.	Make a bookmark for a friend.	LEARN A JOKE AND TELL IT TO YOUR FAMILY OR FRIENDS ON FACETIME OR OVER THE PHONE.