




# Seven days of kindness

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In celebration of **Mental Health Awareness Week 2020** and the theme of **kindness**, we are encouraging primary schools to get mentally healthy by spreading a little kindness.

This calendar, designed to be used throughout Mental Health Awareness Week, encourages pupils to do **two acts of kindness** each day – **one for someone else and one for themselves**.

Depending on the age of the children, there are two calendars included. One has two suggested kindness activities for each day, which is best for giving to younger children, or using as an example for older children. The other calendar is blank for older children to complete with their own ideas.



## Using this calendar - parents and carers

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Show your children the completed seven days of kindness calendar, look at each of the days and pick a favourite activity that you could do for each other in lockdown.

Talk about why being kind might be difficult at the moment but why it is especially important and how it can bond you as a family.

Discuss self-care and why it is important to take some time to be kind to yourselves - like when mum takes a bubble bath or when dad goes for a bike ride.

Either create a family calendar of kindness or individual calendars - these can be a mix of self-care and kindness for others in the home. Remind the children of the calendar each day or share how you feel when they did a kind act for you.

# 7 DAYS OF KINDNESS

MON

TUES

WED

THURS

FRI

SAT

SUN

BEING KIND TO OTHERS

REMINDE A FRIEND OR FAMILY MEMBER OF A NICE MEMORY YOU HAVE TOGETHER

HELP TIDY UP



TELL SOMEONE A JOKE



BE KIND, PATIENT AND SHARING WITH YOUR BROTHER/SISTER/CLASSMATE

GIVE 3 COMPLIMENTS TODAY



MAKE A CARD OR GIFT FOR SOMEONE



ASK A LOVED ONE HOW THEY ARE AND LISTEN CAREFULLY

BEING KIND TO MYSELF

WRITE DOWN 3 THINGS YOU'RE PROUD OF (SMALL OR BIG!)



LISTEN TO A SONG THAT MAKES YOU FEEL HAPPY



TRY OUT A MINDFULNESS ACTIVITY (TRY ONE OF OURS!)



GIVE YOURSELF 3 COMPLIMENTS



EAT SOME OF YOUR FAVOURITE FOOD



SPEND SOME TIME ON YOUR FAVOURITE HOBBY



PLAY A FUN GAME WITH YOUR FRIENDS OR FAMILY





## More examples for the calendar

### Being kind to others:

- Sit with someone who looks lonely
- Be friendly to a child you aren't normally friends with
- Have a nice conversation with a loved one
- Ask a family member if they would like a drink
- Share a snack with a family member or friend
- Write your teacher a note or a poem about why you like them
- Clear the table after dinner without being asked
- Pick up three pieces of litter when you go to the park
- Smile and say hello to people you pass on the way to and from school
- Draw a picture for a loved one



### Being kind to yourself:

- Do some gentle exercise
- Read your favourite book or watch your favourite film
- Go for a walk
- Play with your pet
- Write down 3 things you are grateful for
- Spend some time in nature
- Do some arts and crafts
- Have a dance party
- Wear your favourite outfit