

Registered Charity
No. England 801130
Scotland SC 039714



Mental Health
Foundation

**MENTAL
HEALTH
AWARENESS
WEEK** 18-24 MAY 2020

#KindnessMatters



Mental Health Awareness Week

18th – 24th May 2020



This year Mental Health Awareness week is focusing on *Kindness*.

Being kind and helping others is really good for our mental health. It helps to reduce stress and improves our emotional wellbeing.

So, what is kindness? Simply put, kindness is being nice to others. Kindness is being generous with others, giving your time, money and talent to support those who are in need. Kindness is being there for someone and really listening to them.

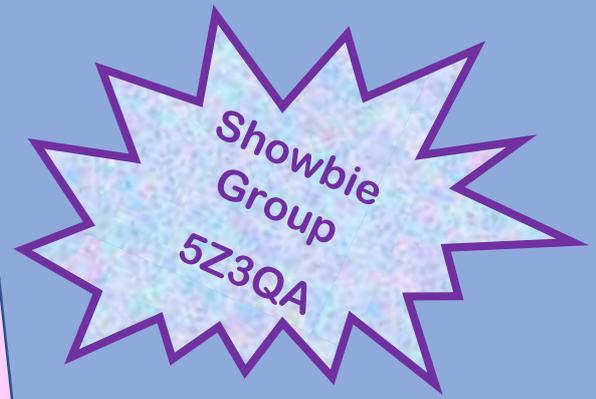
Kindness is also being nurturing and caring to others — to enjoy doing favours for them, to take care of them and to perform good deeds.

For Mental Health Awareness Week we would like to challenge you to carry out 5 Random Acts of Kindness- or RAOK's, as they are sometimes known. See below how to take part in the Kind Hand challenge.

There are some ideas below on the type of things you can do.

There are lots of stories in the news and on social media of people doing RAOK's. Read about Captain Tom Moore or see how neighbours are helping each other. See how many stories you can find.

- 📌 Draw round your hand on a piece of paper.
- 📌 Each time you do a Random Act of Kindness write or draw on the finger what you have done.
- 📌 When you have done 5 ROAK's take a photo of your Kind Hand and put it on the Showbie group.
- 📌 Take some photos on your iPad of your RAOK's and put those on the Showbie group too.
- 📌 You can also email Miss Allison with ROAK details at dallison@newbridgegroup.org



A – Z of Kindness

- A-** Ask someone how they are feeling.
- B-** Be considerate.
- C-** Compliment someone.
- D-** Do something nice for someone and don't tell them it was you.
- E-** Empathy, show someone you care how they feel.
- F-** Friends, check in with them via social media or a phone call and see how they are.
- G-** Give someone a smile or your time.
- H-** Help do some jobs around the house.
- I-** Include everyone at home in an activity that makes everyone happy.
- J-** Just give, donate to a charity.
- K-** Kind, use kind words when you speak to someone.
- L-** Listen carefully when someone is talking.
- M-** Manners! Always use them.
- N-** Notice how those around you are feeling.
- O-** Open a door for someone.
- P-** Pick up some litter.
- Q-** Quiet, have quiet time so everyone can relax.
- R-** Ring someone you haven't spoken to in a while.
- S-** Share- sweets, chocolate or maybe your favourite toy.
- T-** Tell someone what you appreciate about them.
- U-** Use kind words to make others feel good about themselves.
- V-** Voice, say please and thank you.
- W-** Write a thank you note for someone.
- X-** eXcellent, fantastic, brilliant- positively praise those around you.
- Y-** YOU, be kind to yourself. Look In the mirror and tell yourself something you appreciate about yourself.
- Z-** Zero unkind thoughts and words about yourself and others.