



18/05/20
Primary
Newsletter

Mental Health Awareness Week

Our newsletter this week celebrates [mental health awareness week](#) and this year the theme is **kindness**. Kindness can strengthen our relationships, help us connect with others improve our mental health and wellbeing. You can read more on the benefits of kindness [here](#). We've filled the newsletter with ideas of ways you can be kind to yourself and others.



Kindness calendar

Mentally healthy schools have created a calendar aimed at 4-11 year olds to encourage them to do two acts of kindness a day—one for someone else and one for themselves. Download a copy [here](#)



Acts of Kindness

Being kind doesn't have to be a grand gesture it can be as simple as making someone a cup of tea, donating to a charity or praising someone for something they have done well. Start small so you don't get overwhelmed or give more than you are able.

It can be hard to stay connected, and feel like we are giving to others while we can't see them currently. [Mentalhealth.org.uk](#) have published a handy guide for the week full of acts of kindness to inspire you and your family.

Being Kind to ourselves!

In order to be kind to others we first need to make sure we are kind to ourselves. Sometimes being kind to ourselves can be hard [self-compassion.org](#) has a variety of self-compassion exercises and guided meditations—why not try some this week?

The NHS has published this [self care kit](#) for children with lots of self-care ideas including relaxation activities, mindfulness colouring and other creative ideas

Why not try this free kindness meditation for adults from [Headspace](#)



Smiling Mind has lots of free mindfulness meditations including units on self compassion for adults and children from 7 years old. Download it for free [here!](#)

Need some support?

[The Mix](#) provides free confidential support for young people under 25 online or on 0808 808 4994

[Childline](#) website and free helpline for support for anyone under 19 0800 1111