

Ivy Bank are Celebrating Kindness

We are kicking off **Mental Health Awareness week (18-24 May)** by focusing on the power and potential of kindness, led by the Mental Health Foundation.

During the week we would like you to carry out or reflect on an **act of kindness**. We would like you to complete one act of kindness (on page 2) each day (Mon-Fri) and email this to your class teacher at the end of the week to receive a virtual kindness cup certificate.

On page 3 there is kindness activity where you can reflect on what it means to be kind.

Enjoy brightening somebody's day.

#KindnessMatters

For more information on Mental Health Awareness please visit
<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

Acts of Kindness

Complete the table below or create your own diary to share the acts of kindness you have completed during the week. Don't forget to share this with your class teacher at the end of the week.

Monday	Tuesday	Wednesday	Thursday	Friday

Acts of Kindness Activities

Call a friend that you haven't spoken to for a while

✱

Tell a family member how much you love and appreciate them

✱

Arrange to have a cup of tea and virtual catch up with someone you know

✱

Arrange to watch a film at the same time as a friend and video call

✱

Tell someone you know that you are proud of them



Tell someone you know why you are thankful for them

✱

Send a motivational text to a friend who is struggling

✱

Send someone you know a joke to cheer them up

Send someone you know a picture of a cute animal

✱

Send an inspirational quote to a friend

✱

Send an interesting article to a friend

✱

Send an inspirational story of kindness people around the world are doing for others to someone you know

✱

Contact someone you haven't seen in a while and arrange a virtual catch up

Help with a household chore at home

✱

Spend time playing with your pet

✱

Donate to foodbanks

✱

Donate to a charity

✱

Reach out to call a friend, family member or neighbour who is experiencing loneliness or self-isolation

✱

Offer to skill share with a friend via video call - you could teach guitar, dance etc.




Kindness Activity

Watch the video - <https://www.youtube.com/watch?v=rweIE8yyYOU> – Colour your world with kindness

Kindness is:

- being friendly, generous and considerate of others;
- showing goodwill to others;
- being concerned when others are upset or worried;
- helping people when they need you;
- doing something nice for someone else, without expecting anything in return

What does 'kindness' mean to you?

Complete the table below to write or draw ways that you have been kind in the past.

How did it make you feel when you were kind?