MHST

Mental Health in Schools Team
Tips For Wellness

Kindness

Kindness can be shown and received in many ways, and 'acts of kindness' do not have to be grand gestures. From holding the door open for someone to simply asking how somebody's day has been, kindness helps us to show others that we care. Being kind helps us to build strong relationships with the people that we care about by doing small things that mean something to them or us.

Showing kindness is also really important for our own wellbeing and mental health. Being kind can reduce stress and loneliness, helping us to feel happier and boosting our self-esteem.

To understand how important kindness is, we can think of people as icebergs floating in water. Icebergs may be huge and scary underneath the water, but we can only see what is above the surface. Someone could be having the worst day ever and nothing is going right for them, and we might not know by looking at them. But by showing them an act of kindness you could have a huge positive effect!

Our tips for kindness:

1. Start small – kindness isn't about how much money or time is spent. Every little thing you do can make a huge difference in someone's day!

2. If you're unsure how you can help or be kind to someone, ask them what they need or want - it might be something you can help with.

3. Don't forget to be kind to yourself! Sharing your own skills and interests with others can help you to connect whilst finding time for things you enjoy too.

4. Kindness isn't just for people that we know and love, we can show acts of kindness to anyone.

Challenge yourself – can you do at least **one** act of kindness each day for yourself or someone that you love?

Follow the QR code and have a go at **'Kindness Bingo'!**

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate! **thankskids@covwarkpt.nhs.uk.**

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.