



This week is mental health awareness week. We have been very good at trying to keep our bodies healthy while staying at home, but it's important to make sure that we keep our minds healthy too! When someone shows us kindness, this can make us feel happier. Also, when we show kindness to someone else, it can make us feel happy as well as them! Here are some ideas for activities that you could do, this week, to help you think about how kindness is important to help keep our minds happy and healthy.

Make a poster with ways that you have shown kindness or ways that you could show kindness.

Show 5 acts of kindness towards your friends or family each day this week.

Write a prayer thanking God for all the kindness shown in His world.

Kindness

Lots of you have been writing poetry as part of your home learning - you could write a poem about kindness. E.g.

Give Lavishly, Live Abundantly
by Helen Steiner Rice

The more you give, the more you get -
The more you laugh, the less you fret -
The more you do, *unselfishly*,
The more you live *abundantly* ...

The more of everything you share,
The more you'll always have to spare -
The more you love, the more you'll find
That life is good and friends are kind ...

For only what we give away,
Enriches us from day to day.

Write a letter to someone who shows you kindness to say thank



If you do complete one of these activities, please e-mail a photo or an example of your work to your teacher so we can see all the wonderful kind and creative things you have done!