



Us Plus

Mental Health and Well-being Bulletin 9

Good morning everyone,

Today's bulletin is focused on kindness! I often talk about treating people with kindness in my assemblies as I believe being kind is the most important thing anyone can be! I have included a few ideas about how we can be kind whilst we are all having to stay home!

Mrs Taylor.

1. What is kindness?

Kindness is a behaviour marked by ethical characteristics, a pleasant disposition, and concern and consideration for others. It is considered a virtue and is recognized as a value in many cultures and religions. Think about the role kindness can play whilst we are having to live with the current lockdown. What personal qualities do you have that might enable you to be kind to others?

2. Be kind to yourself

It is really important to look after yourself. Make sure you spend some time each day doing an activity that makes you happy and that you enjoy. For some of you this might be playing football in the garden or playing on your PS4 ... for others it may be listening to music you enjoy or pampering yourself with a facemask!



3. Daily kindness

Think of five kind acts you can do over the next five days. Perhaps you could teach a family member a new skill, prepare a meal for the family, help with a job around the house or send a kind text message to a friend or family member.

Remember by staying at home as much as possible you are all helping save lives - this could be one of your kind acts. Washing hands for 20 seconds with soap and water and maintaining a safe distance from others when you go outside are all acts of kindness.

4. Staying calm

Being able to keep calm can really help in a difficult situation. I have shared a few mindfulness techniques in previous bulletins. Here is another one ... this one is called Bubble breathing:

- Close your eyes and notice your breathing.
- Take in a deep breath and slowly release it, imagine you are blowing into a large bubble that is increasing in size. - Then take another deep breath in and breathe slowly out to make the bubble even bigger. Do this as many times as needed to feel calm.

5. Focus on the positive

Take some time to focus on positive news stories. You could collect all the stories about acts of kindness you have heard recently, such as musicians holding concerts on social media or balconies, people offering to do each other's shopping, or the way communities are coming together to support each other and appreciate health workers during this period. You could make a presentation, video or podcast and present your own 'kindness news' programme sharing all the positive news they can find. If you do this please share it with me ... I'd love to see your ideas.

6. Think about the future

Think about hopes for a kind future. This situation is temporary, but kindness and kind acts are always needed. When this situation is over how might we continue to be kind to each other? Think about what kind acts you and your friends could do together in the future. You could express your thoughts in a poster or poem. Again, if you do create a future hopes poster or poem please share it with me.

Remember that you can also contact the TIS Team at school if you need to discuss any worries or anxieties you might be feeling at this time. You can do this by emailing me at ktaylor@penrice.org.uk

