



Us Plus Mental Health and Wellbeing Bulletin 11

Hello everyone,

This week's bulletin is focused on positivity. It is really easy to only focus on the negatives when times get difficult so to help refocus it is important that we share positive news, good experiences and make an effort to create even more positivity with our actions!

Mrs Taylor

The information below is a summary of positive outcome of 2020. It's well worth a read to see some of the amazing things that happened ...

YEAR 2020 WAS BETTER THAN YOU THINK

- The ozone hole over Antarctica closed
- Germany is changing 62 military bases into nature reserves
- Whales came back to the Atlantic ocean after more than 100 years
- Great Britain reported the smallest number of people that became infected with HIV in history
- China, as the biggest air polluter in the world, committed to achieving zero emissions by 2060
- The number of victims of terrorism decreased for the 5th year in a row
- In 2020 people saved 48 animal species from extinction
- Scientists discovered 20 new animal and plant species. They also rediscovered some they thought were extinct
- Kazakhstan became the 88th nation that committed to abolish the death penalty
- Elephant population in Kenya doubled
- Saudi Arabia and Palestine banned child marriages
- Demand for oil decreased for the first time in history and Denmark even promised to end its mining
- Scotland will provide menstrual aids to all women for free
- In Africa, polio has been completely eradicated. They owe it to the vaccine
- Vaccine against Covid-19 became the fastest developed vaccine in history

A crafty idea!

Create a kindness pebble. 7RC have been challenged by their tutor, Mrs Challis to participate in this idea and I thought it would be a great activity for everyone! Paint a pebble with kind words and bright images and upload a photo of it onto SMHW. Maybe leave it on your wall or near your front gate so people can read it as they go past.



Keep them super simple with brightly coloured paint or sharpies and simple words of kindness such as "hope," "brave" or "be strong."

The link below will take you to some more help for creating kindness pebbles.

<https://inspirekindness.com/blog/rock-painting>

You could leave your pebbles on the beach or footpath if you are out taking your daily exercise. Do take care to follow Covid rules though!

I hope creating the pebbles is a positive experience and that your bright images and kind words can bring positivity to others.

Remember that you can contact the TIS team at Penrice 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

