



Us Plus Mental Health and Wellbeing Bulletin 7

Hello everyone,

Welcome to the 7th bulletin of the Academic Year! This week's bulletin brings you the Action for Happiness 'Do Good December' Calendar for December Learning. Acts of kindness have a positive impact on the mental health of those in receipt of the act and those giving it!

Mrs Taylor

Remember that you can contact the TIS team at Penrice if you need to discuss any worries or anxieties you might be feeling. You can do this by emailing the TIS team at

tis@penrice.org.uk



December Kindness 2021

SUNDAY



5 Give a gift to someone who is homeless or feeling lonely

12 Be generous. Feed someone with food, love or kindness today

19 Contact someone who may be alone or feeling isolated

26 Get outside. Pick up litter or do something kind for nature

MONDAY



6 Leave a positive message for someone else to find

13 See how many different people you can smile at today

20 Help others by giving away something that you don't need

27 Call a relative who is far away to say hello and have a chat

TUESDAY



7 Give kind comments to as many people as possible today

14 Share a happy memory or inspiring thought with a loved one

21 Appreciate kindness and thank people who do things for you

28 Be kind to the planet. Eat less meat and use less energy

WEDNESDAY

1 Spread kindness and share the December calendar with others

8 Do something helpful for a friend or family member

15 Contact an older neighbour and brighten up their day

22 Congratulate someone for an achievement that may go unnoticed

29 Turn off digital devices and really listen to people

THURSDAY

2 Contact someone you can't be with to see how they are

9 Notice when you're hard on yourself or others and be kind instead

16 Look for something positive to say to everyone you speak to

23 Choose to give or receive the gift of forgiveness

30 Let someone know how much you appreciate them and why

FRIDAY

3 Offer to help someone who is facing difficulties at the moment

10 Listen wholeheartedly to others without judging them

17 Give thanks. List the kind things others have done for you

24 Bring joy to others. Share something which made you laugh

31 Plan some new acts of kindness to do in 2022

SATURDAY

4 Support a charity, cause or campaign you really care about

11 Buy an extra item and donate it to a local food bank

18 Ask for help and let someone else discover the joy of giving

25 Treat everyone with kindness today, including yourself!



ACTION FOR HAPPINESS

Happier · Kinder · Together

