



Well-being Wednesday

Wednesday, February 10th



Kindness



IF WE ALL DO ONE
RANDOM ACT OF KINDNESS
DAILY WE JUST MIGHT SET
THE WORLD IN THE RIGHT DIRECTION
MARTIN KORNFIELD

We Believe

**KINDNESS IS A
STRENGTH
NOT A WEAKNESS**

- In support of Children's Mental Health Week (February 1-7), Well-being Wednesday will focus on **Kindness**
- On the afternoon of Wednesday, February 10th, you will be off timetable, and screens, to complete the following well-being activities



Kindness and the Importance of Mental Health and Well-being

Task 1: Watch the short video clip from Now and Beyond on Mental Health, which explains what mental health is, how it's affected by social media and the importance of gratitude, resilience and kindness.

<https://www.youtube.com/watch?v=nUMvi32LTdE&feature=youtu.be>

Task 2: Click on the link from Clued Up Coaching and complete at least one activity from the Book of Teen Kindness. You can complete as many as you like and return to these at any time.

<https://nowandbeyond.org.uk/wp-content/uploads/2020/12/Little-Book-of-Teen-Kindness.pdf>

Task 3: You should now perform at least one act of kindness for another person. This could be as simple as contacting a friend or family member, or making someone a drink.

Task 4: Once you complete your act of kindness, turn off your screens and participate in a well-being activity such as reading, going for a walk, or listening to or playing music. If you're struggling to think of something, why not try the Creative Earth Art challenge? Click on the link below to find out more...

https://together-for-our-planet.ukcop26.org/creative-earth/?mc_cid=440e39551f&mc_eid=f745163012

Well done to all pupils and staff who have made positive contributions this half-term. Have a good, relaxing break!

Mr Cregeen

