



Kindness Week

This week it is mental health week, with a focus on kindness.

Thought I would set year 5 a little challenge. Here is a kindness act treasure hunt sheet

you will find on the next page. Let's see how many you can tick off through out the week.



Something else you can try is a well-being jar. During these times, we have been missing doing things and seeing different people. When you feel sad, write something that you are looking forward to doing on a bit of paper and put it in the jar. As things start to open, pick one out and do the task you have missed.



You could also have a look at some of these mindful activities.

These are really good to calm yourself when you are feeling stressed or anxious. I have really enjoyed sitting in the garden, closing my eyes and listening to the wonderful sounds.

Find something with a strong and pleasant scent e.g. lavender or orange peel and place it close to your nose.

Try to concentrate just on the smell for a whole minute.



Listen carefully with your eyes closed to any sounds you can hear. After one minute, open your eyes and write down everything you heard.



Take a walk and concentrate on the act of walking.

What movements does each leg perform in each stride?

Which part of your foot hits the ground first?

What does the ground feel like underneath your shoe/foot?





Daily Kind Acts



Tell someone how much you love them. Help make dinner. Feed the birds.

Leave a happy note somewhere for someone to find. Teach someone something new.

Give someone a hug to show how much you care. Smile at everybody.

Make a get-well card for someone. Tidy your bedroom without being asked.

Give someone a compliment. Write a list of things you are grateful for.

Make someone else's bed (as well as your own). Pick up some litter.



Tell someone three things you love about them. Do something nice for a neighbour.

Drink lots of water. It's much easier to be kind when you feel healthy and energetic.

Write and send a letter to someone. Complain less (or not at all)!

Leave something on the doorstep for a next-door neighbour. Make a positivity poster.

Remember to say please and thank you. Use less energy to be kind to our planet.

Draw a picture for a friend, neighbour or family member.

Tell a joke, watch a silly video or do something that makes you and others laugh!

Recycle paper. Try to be as inventive and creative as you can with it!

Share something you love with a friend or family member.

Say good morning and goodnight to everyone in your household.

Hide little messages around the house for others to find.

Offer to help a family member with something.

Practice self-kindness by doing something you enjoy.

