

Mental Health Week 18-24 May

Support for Learning Grid

W/B 18.05.20

Kindness Matters



Why kindness?

One thing that we have seen all over the world is that kindness is prevailing in uncertain times.

We have learnt that amid the fear, there is also community, support and hope.

The added benefit of helping others is that it is good for our own mental health and wellbeing. It can help reduce stress and improve emotional wellbeing.

Beyond ourselves, our research reveals that inequality is rising in our society and that this has harmful effects on our health. Life expectancy is falling for the poorest for the first time in 100 years.

As child poverty rises, children and young people in the

poorest parts of our country are two to three times more likely to experience poor mental health than those in the richest.

After the 2008 credit crunch it was the most vulnerable in our communities who experienced the severest consequences of austerity, with devastating effects on their mental and physical health. This not the hallmark of a kind society.

We must not make the same mistakes after this pandemic.

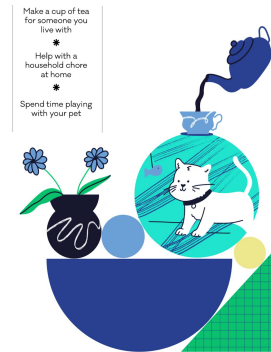
Kindness could transform our schools, places of work, communities and families. Let's shape a society that tips the balance in favour of good mental health, for all of us, but especially for those who are most vulnerable.

kindness
IT COSTS NOTHING, BUT
MEANS EVERYTHING.

**DID YOU KNOW?
AN ACT OF KINDNESS CAN:**

- ✓ DECREASE STRESS
- ✓ BOOST HAPPINESS
- ✓ LOWER BLOOD PRESSURE
- ✓ RELEASE FEEL-GOOD CHEMICALS (serotonin & anandatin)
- ✓ INSPIRE MORE KINDNESS!

Home



Friends & Family

Call a friend that
you haven't spoken
to for a while

Tell a family member how much you love and appreciate them.

Arrange to have a cup of tea and virtual catch up with someone you know

Arrange to watch
a film at the same
time as friends.

Tell someone you know that you are proud of them



Tell someone you know why you are thankful for them

Send a motivational text to a friend who is struggling

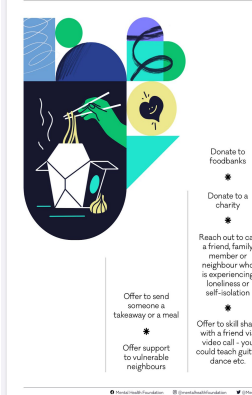
Send someone you know a joke to cheer them up



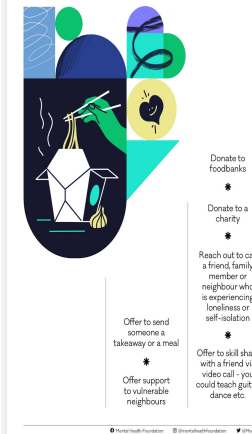
 Mental Health Foundation 

 Mental Health Foundation @mentalhealthfoundation @MentalHe

Community



Work



SEVEN DAYS OF KINDNESS CALENDAR



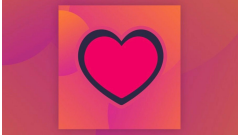





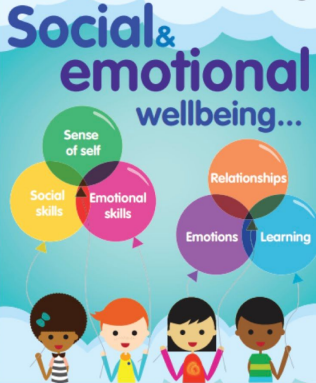
In celebration of Mental Health Awareness Week 2020 and the theme of kindness, we are encouraging primary schools to get mentally healthy by spreading a little kindness.



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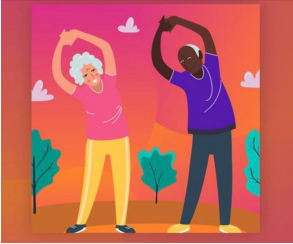



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<p>Children & Young People</p>	<p>Makes you feel happy</p> <p>Alongside oxytocin, being kind also produces serotonin in your body. This is often called the 'happy chemical' and has been found to heal your wounds, calm you down, and improve your mood.</p> <p>When you are kind to another person your brain's pleasure and reward centres light up, which makes you feel good.</p>  <p>Energy</p> <p>Engaging in acts of kindness can give us more energy. A study by the University of California Berkeley, Greater Good Science Center showed that people feel stronger and more energetic after helping others.</p> 	<p>Good for the Heart</p> <p>Kindness can change the chemicals in our body.</p> <p>Committing acts of kindness produces a hormone in the body called oxytocin, sometimes called the 'kindness hormone' and the 'cardioprotective hormone'. Which means it protects our hearts!</p> <p>Oxytocin causes the release of a chemical called nitric oxide, which opens up the blood vessels and lowers blood pressure. It is the main contributor to keeping our hearts healthy after exercise.</p> <p>This important hormone also increases our self-esteem and optimism, which is extra helpful when we're feeling anxious, nervous or shy.</p> 	<p>Supports the Immune System</p> <p>How you feel emotionally can physically affect your immune system - which is the system in the body that helps fight off infection and viruses.</p> <p>If you feel a connection with someone either by being kind to them, someone being kind to you, or even seeing kindness in action it can spike the immune system into action.</p> 	<p>Good Mental Health</p> <ol style="list-style-type: none"> 1. Make sure you get enough sleep 2. Eat healthy food and drink healthy drinks 3. Learn how to relax and switch off 4. Connect with friends and family 5. Learn new things every day 6. Help others whenever you can 7. Exercise each day 8. Talk about your feelings 9. Be mindful and take notice of what is happening around you 10. Be thankful for all the things you have 11. Set goals for yourself and embrace your wishes and dreams 12. Challenge any negative thoughts 13. Learn how to smile more! 14. Ask for help if you have a problem 15. Have fun and laugh!    <p>Children's Mental Health Week</p> <p>Be Mindful Mindfulness means noticing what is happening right now. What can you see? What can you hear? How does your body feel? What are you thinking? Take time throughout the day to notice what is happening in the moment.</p> <p>Talk about it! How are you feeling today? Whether it's a good or a not-so-good feeling, take time to tell someone close to you. It isn't always easy to describe how you feel but it can help to talk about it.</p> <p>Healthy Body, Healthy Mind Physical activity, getting enough rest and eating a balanced diet all help to keep your mind healthy as well as your body.</p> <p>We Are All Unique Remember - you are one of a kind. No one in the whole world is the same as you. Think of three things that make you special.</p> <p>Be kind Being kind and taking care of your friends and loved ones helps them to feel happy, and can make you feel happier too!</p> <p>Make Time for Fun Playing and spending time doing hobbies you really enjoy is a great way to keep your mind healthy and happy!</p> <p>Ask for Help We don't have to feel happy all the time. It's ok to feel sad. If you ever need someone to talk to, tell a trusted adult like your parent or carer, or grown-up at school.</p> 	<p>Learn...</p> <p>Social & emotional wellbeing...</p>  <p>Scotland - Health and Wellbeing</p> <p>Mental and Emotional Wellbeing</p> <ul style="list-style-type: none"> • I know that friendship, caring, sharing, fairness, equality and love are important in building positive relationships. As I develop and value relationships, I care and show respect for myself and others. • I am learning how to give appropriate support.
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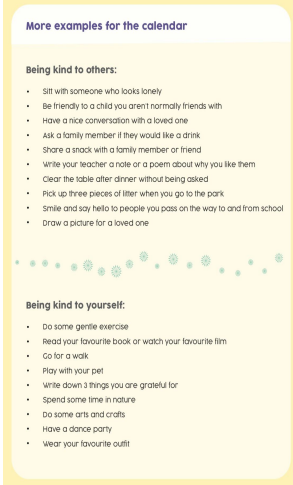



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<p>Parent(s) / Carer(s)</p>	<p>How important is Kindness to you?</p> <p>The Mental Health Foundation has conducted a new survey into kindness, which has found almost two-thirds of us say that when people are kind to them, it has a positive impact on their mental health.</p> <p>The results also found that almost two-thirds of people find that being kind to others has a positive impact on their mental health and almost three-quarters of us say it is important we learn from the coronavirus pandemic to be more kind as a society.</p> <p>Forty-eight percent of the people surveyed said being kind "to myself" had a positive impact on their mental health.</p>	<p>Kindness Slows Aging</p> <p>One of the factors that plays a role in the aging process is oxidative stress - which is an imbalance in your body.</p> <p>Scientists found that if you introduced oxytocin (the kindness hormone) to skin cells put under stress, the levels of oxidative stress got significantly reduced.</p> 	<p>Helping Children Cope with Change</p> 	<p>How to nurture a child's mental health</p> 	<p>Play...</p> 
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<p>Family</p>	 <p>In celebration of Mental Health Awareness Week 2020 and the theme of kindness, we are encouraging primary schools to get mentally healthy by spreading a little kindness. This calendar, designed to be used throughout Mental Health Awareness Week, encourages pupils to do two acts of kindness each day – one for someone else and one for themselves. Depending on the age of the children, there are two calendars included. One has two suggested kindness activities for each day, which is best for giving to younger children, or using as an example for older children. The other calendar is blank for older children to complete with their own ideas.</p> <p>*Calendars attached at end of grid</p>	<p>Calendar Ideas</p>  <p>Being kind to others:</p> <ul style="list-style-type: none"> • Sit with someone who looks lonely • Be friendly to a child you aren't normally friends with • Have a nice conversation with a loved one • Ask a family member if they would like a drink • Share a snack with a family member or friend • Write your teacher a note or a poem about why you like them • Clear the table after dinner without being asked • Pick up three pieces of litter when you go to the park • Smile and say hello to people you pass on the way to and from school • Draw a picture for a loved one <p>Being kind to yourself:</p> <ul style="list-style-type: none"> • Do some gentle exercise • Read your favourite book or watch your favourite film • Go for a walk • Play with your pet • Write down 3 things you are grateful for • Spend some time in nature • Do some arts and crafts • Have a dance party • Wear your favourite outfit <p>What sort of activities can I do?</p> <ul style="list-style-type: none"> • HIT: Pilates, Yoga – whatever exercise floats your boat that day • Walking – It's great to try and get some fresh air everyday so why not incorporate this into your challenge? • Baking – get your sweat on in the kitchen by cooking up a storm. • Gardening – this can be a great workout too! • Ultimately, you can get creative in this challenge by taking on whichever form of movement makes you happy (personally we think dancing in your kitchen is a good one!) 	<p>Take Action, Get Active 2020</p> <p>We are launching a brand new challenge this May, to get you moving and feeling good. Our challenge is all about being kind to yourself by taking some time out each day for yourself.</p> <p>We are asking you to be active for 30 minutes a day, which may include running, walking and cycling, but this does not have to be strenuous – you can do the gardening or get those arm muscles moving by baking a cake. Whatever your physical ability, this challenge is for everyone.</p>	<p>Attend an online Mental Health Arts Festival</p>  <p>Our Scottish Mental Health Arts Festival will have a special programme of online activity beginning in May, including live-streamed events, film screenings and artist commissions. Our festival aims to support the arts and challenge preconceived ideas about mental health.</p> <p>Artists and audiences will also be exploring what kindness means to them.</p> <p>More information:</p> <p>https://www.mhfestival.com/2020</p>	<p>Grow...</p>  <p>Mental Health Foundation</p> <p>Our vision is of good mental health for all. The Mental Health Foundation works to prevent mental health problems. We will drive change towards a mentally healthy society for all, and support communities, families and individuals to lead mentally healthy lives with a particular focus on those at greatest risk. The Foundation is the home of Mental Health Awareness Week.</p> <p>Action for Happiness</p> <p>Action for Happiness is a movement of people committed to building a happier society. They also run the International Day of Happiness.</p> <p>Kindness UK</p> <p>Promoting, sharing and using kindness. Take part in the first ever nationwide kindness survey.</p> <p>Samaritans</p> <p>Volunteers are at the heart of Samaritans' 200 branches across the UK, delivering core services, running branches, fundraising and raising awareness of what they do.</p> 
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7 DAYS OF KINDNESS

	MON	TUES	WED	THURS	FRI	SAT	SUN
BEING KIND TO OTHERS	 REMINDE A FRIEND OR FAMILY MEMBER OF A NICE MEMORY YOU HAVE TOGETHER	 HELP TIDY UP	 TELL SOMEONE A JOKE	 BE KIND, PATIENT AND SHARING WITH YOUR BROTHER/ SISTER/ CLASSMATE	 GIVE 3 COMPLIMENTS TODAY	 MAKE A CARD OR GIFT FOR SOMEONE	 ASK A LOVED ONE HOW THEY ARE AND LISTEN CAREFULLY
BEING KIND TO MYSELF	 WRITE DOWN 3 THINGS YOU'RE PROUD OF (SMALL OR BIG!)	 LISTEN TO A SONG THAT MAKES YOU FEEL HAPPY	 TRY OUT A MINDFULNESS ACTIVITY (TRY ONE OF OURS!)	 GIVE YOURSELF 3 COMPLIMENTS	 EAT SOME OF YOUR FAVOURITE FOOD	 SPEND SOME TIME ON YOUR FAVOURITE HOBBY	 PLAY A FUN GAME WITH YOUR FRIENDS OR FAMILY

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NAME:

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BEING KIND TO OTHERS							
BEING KIND TO MYSELF							