



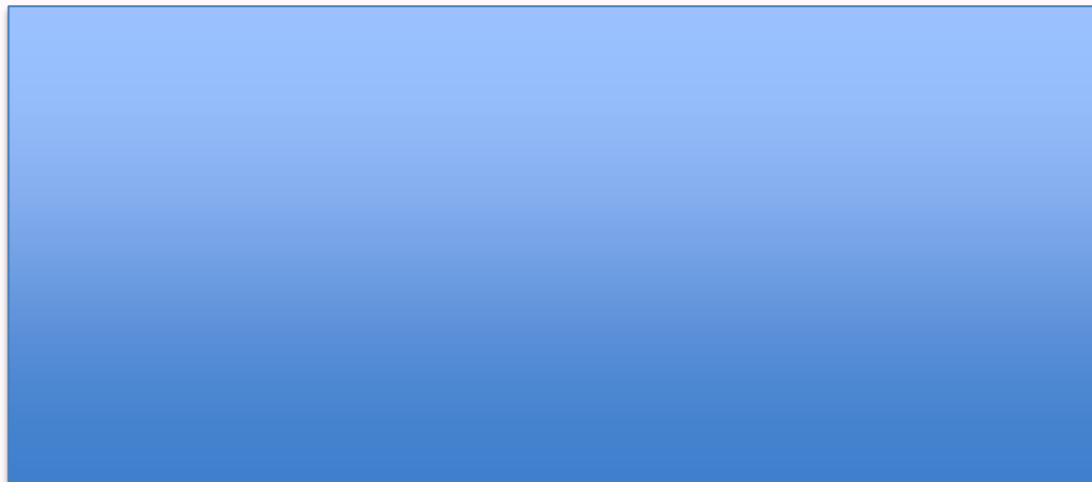
Kindness

9th December 2024

What do we mean by kindness?



Kindness is:



SLIDE 3

What is mental health?



Moods

Thoughts

Mental health is made up of our thoughts, feelings, moods, and behaviours.

Behaviours

Feelings



Why is kindness good for our mental health?



It makes us feel good!

Being kind:

- * Increases feelings of happiness
- * Increases wellbeing
- * Reduces stress



Why is kindness good for our mental health?



It creates a sense of belonging and reduces loneliness.

Showing kindness to others is one way that we can create, maintain, and strengthen our social connections.



Why is kindness good for our mental health?



It keeps things in perspective.

Being open to acts of kindness, and reflecting on what we are grateful for, can help us reframe our attitude to life.



Why is kindness good for our mental health?



It makes the world a happier place!

Acts of kindness can motivate others to show kindness, creating a ripple effect.



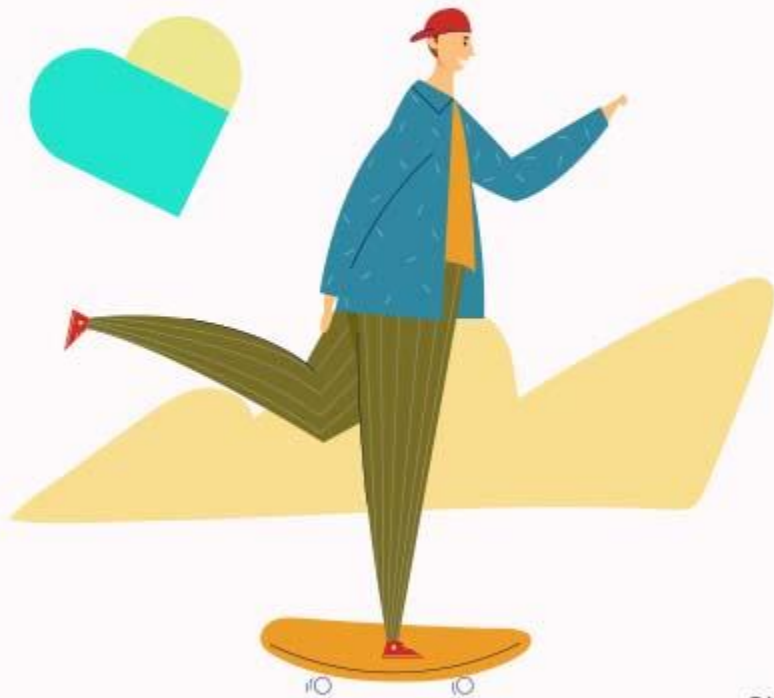
[kindness video](#)

SLIDE 8

How can we show kindness to ourselves?



Being kind to ourselves is sometimes even harder than being kind to others, but it is just as important for our mental health and wellbeing.



How can we show kindness to ourselves?



We can show kindness to ourselves by:



How can we show kindness as a school community?



We could:

How can we show kindness at home?

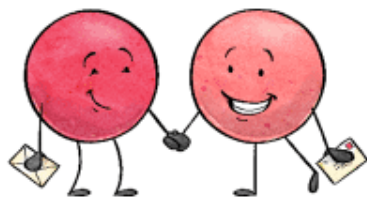


We could:

- * Help a sibling with their homework or teach them a new skill
- * Help with the gardening or housework
- * Help a neighbour with their shopping
- * Set up a random acts of kindness challenge with people at home
- * Create a gratitude jar at home



12 Ways to Show Kindness



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Just listen to a friend



Write someone a kind note



Invite someone to join you



Forgive someone for a mistake



Let someone else go first



Give someone a high-five

Work with someone new



Help clean up



Help someone having a tough day



Hold the door open for others



Do an extra chore



Spend time with a friend

Final thoughts



Kindness is about considering our feelings and those of others, showing acceptance, respect, and love, and behaving fairly towards ourselves and others.





You never know
what someone
is going through.

**Be kind.
Always.**