

Kindness

There is no doubt about it, the Covid 19 coronavirus has massively and tragically impacted the world, may have impacted on other people. Out of all of this difficulty and sadness there is at least one consolation, society seems to have come together to support one another.

The aim of this session is to help you reflect on how your actions have impacted other people during lockdown. During this global pandemic we would like to encourage you to make a difference through simple acts of kindness.

On the website www.MentalHealth.org.uk you can find lots of information about the Coronavirus, mental health and how acts of kindness can positively improve our mental health. Doing just one small act of kindness each day over the space of a month has been problem to significantly increase people's general level of happiness.

Task 1: Make a list of things you have done during lockdown to help others...

- Have you been a good friend?
- Have you helped your family with chores?
- Have you looked after a sibling?
- Have you contacted a lonely family member?
- Have you spread positive messages like the NHS one above?



Task 2: Google "Acts of kindness during lockdown BBC" and select the below link. Watch the video. Then think what more could you do? Think of six things... one for each week of the summer holidays and make a pledge to complete them

www.bbc.co.uk > bitesize > articles > zhkybdm

Acts of kindness during lockdown - BBC

It's Mental Health Awareness Week, and we can probably all agree that it's come at one of the most strange and difficult times any of us can remember.



Captain Tom Moore raising millions for the NHS

DOING GOOD DOES YOU GOOD

Evidence shows that helping others can have a positive effect on your own mental health and wellbeing.



We would like to **celebrate** work completed by students during Character Week 2020. If you would like to, please send any photos or copies of your work to CW2020@bishopchalloner.bham.sch.uk

Nurses 'touched' by efforts of textile teachers sewing scrubs



Bosham 12-year-old makes and sells face masks in aid of homelessness charity Stonepillow

A 12-year-old from Bosham has been busy making and selling face masks to raise money for a homelessness charity.

By Isabella Cipirski
Tuesday, 21st April 2020, 10:22 am



Most Popular

1. Chichester busine break-in will have 'catastrophic' imps says owner
2. Jobs at risk as Chichester Cathc makes difficult decisions includ

A 10-year-old girl has sent more than 1,500 art kits to kids in foster care and homeless shelters during the coronavirus pandemic

By Alisa Elassar, CNN
Updated 12:05 GMT (20:05 HKT) May 30, 2020



Coronavirus: Footballers help girl, 10, to 1.7m keepy-uppies

30 May 2020

Coronavirus pandemic



Thousands of people have been helping a football-mad 10-year-old reach her target of 7.1 million "keepy-uppies" in aid of charity.

Finished all the other tasks? Extension task...

Go onto www.TheDay.co.uk and login using the details below.

Username: bishopchalloner

Password: theday

Search "**humans are good**" and select the below article. Complete the tasks at the bottom of the article.

Task 3: Letter Writing Campaign

The virus has disproportionately impacted the lives of our elderly community members. As more vulnerable members of society, some have been unable to leave their homes even for quick trips to the shop and most haven't been able to see their friends and family for months. Many elderly people struggle to use technology and thus feel completely cut off from the world.

Lets' show that we care for every member of our community by writing a 'letter of love'. The purpose of this letter is to tell this person that even though you do not know them and even though you cannot see them, you care about them.

These letters will be a 'one-off' activity, you will not receive a reply. The letter may be signed 'anonymous' or 'from a friendly neighbour in year at Bishop Challoner Catholic College'.

You may include a positive message, an inspirational quote, a little about what you have been doing to keep yourself busy in lockdown etc. Often the most engaging are the letters which are brightly decorated and show that you care through the time and effort you have put into them.

When your letter is complete, if it's safe for you to do so, please drop it into reception at school and we will deliver everyone's together all at once. If you cannot drop it into reception, you may email it to CW2020@BishopChalloner.bham.sch.uk

These letters will be delivered to local nursing homes.

What could I include in my letter?

- Your letter should wish the person well. It should be positive and beautifully presented.
- You could include an inspirational quote or message.
- You may decide to create a piece of art work or write a poem in your letter.
- Please use the examples for inspiration.
- You may sign your letter "from a year student at Bishop Challoner Catholic College"
 - **Do not put your full name or address on the letter**

You can find out more information and see more examples on the website...
www.LoveForTheElderly.org



LETTERS OF LOVE

Write a letter to an elder

