



Seven days of kindness

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.

Using this calendar - teachers

Introduce Mental Health Awareness Week and the theme of kindness to the class, and do a quick brainstorm of why being kind to others and ourselves is important.

Reasons you could prompt are:

- it makes you feel good
- it improves relationships
- it makes us all happy
- it bonds our community, class or family

Introduce the seven days of kindness calendar and explain that we will be creating our own calendar to plan in acts of kindness over Mental Health Awareness Week. You could mention here that a timetable is a good way to start a habit of kindness.

Age 4-5

Display the poster in the classroom. At registration each day, look at the calendar as a whole class and go through questions including: what could this mean? How is this kindness? What act of kindness shall we do today?

Set the intention for each member of the class to complete that day of the calendar, repeat for each day. At the end of the week, highlight the activities for them to complete over the weekend and review on their return to school. How did these activities make you and others feel? Why is it important to continue?

Age 5-7

Look at the example calendar as a whole class. Go through some of the suggested examples, asking questions like: how would this make you feel? What else could you do to show kindness?

As a class or small group, complete a seven day of kindness calendar on the blank template. Display the example or class calendar and remind the children daily to complete their act of kindness. At the end of the week, ask the children to share their experiences of being kind to others. Did it make them feel mentally healthy?

Age 7-11

Show the children the example calendar and draw out other examples, discuss the need for self-care and that our needs may change as we grow older – for example, we may need more sleep, we may find different things fun.

The children, individually or in pairs, should complete a template of the calendar. Display the example calendar and allow the children to keep their calendars, reminding them to refer to it during the week and beyond. At the end of the week, you may want the students to reflect and discuss what self-care ideas helped them to be kind to their mental health.



Using this calendar - parents and carers

Show your children the completed seven days of kindness calendar, look at each of the days and pick a favourite activity that you could do for each other in lockdown.

Talk about why being kind might be difficult at the moment but why it is especially important and how it can bond you as a family.

Discuss self-care and why it is important to take some time to be kind to yourselves - like when mum takes a bubble bath or when dad goes for a bike ride.

Either create a family calendar of kindness or individual calendars - these can be a mix of self-care and kindness for others in the home. Remind the children of the calendar each day or share how you feel when they did a kind act for you.

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

More examples for the calendar

Being kind to others:

- 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



Being kind to yourself:

- 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