

RISE MHST

Mental Health in Schools Team (MHST)

Tips For Wellness:

KINDNESS

- LGBTQ+ History month
- Random acts of kindness day (Feb 17th)

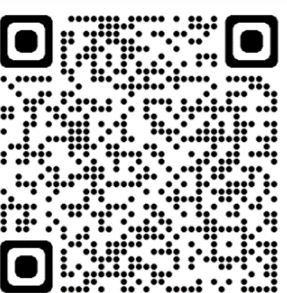
There is lots of research into how showing kindness to others (and ourselves) can improve our mental health. Being kind creates a sense of connection to others and helps us feel good about ourselves – it can boost our ‘happy hormones’ (dopamine and serotonin).

Although acts of kindness can bring about their own rewards, why not consider nominating a young person who has shown kindness to someone else through our #ThanksKids and help us to celebrate their efforts! *(See the bottom of this poster).*

Our tips for showing kindness:

1- Have a conversation about what kindness means through story telling –you can explore acts of kindness by characters in books or TV shows that illustrate how even the smallest gestures can make a difference to someone else!

Encourage adults to notice and celebrate these acts too, however small!



Book and TV ideas

2- Why not get involved by agreeing to carry out a **random act of kindness** for someone. If you're not sure what to do for someone, have a look at this list by following the QR code – you can always adapt it for your own circumstances.

Take a moment to reflect on how you feel after you have carried out an act of kindness!



Random acts of kindness ideas

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate!

thankskids@covwarkpt.nhs.uk

MHST are available to support you and your school throughout the school year including term time and school holidays. Please contact your school's Mental Health Lead for information and advice.