

Mental Health Awareness Week will take place from 18th - 24th May 2020

The theme this year is 'KINDNESS'

Why kindness?

Kindness strengthens relationships, develops community and deepens solidarity. Wisdom from every culture across history recognises that kindness is something that all human beings need to experience and practise to be fully alive.

Celebrate kindness

Kindness is evident in many ways at this time. We have seen it in 100 - year-old Captain Tom Moore as he walked laps of his garden to raise money for the NHS and in the many individuals and groups responding to the local needs of every community in the UK.

Kindness and Mental Health

Kindness is defined as the quality of being friendly, generous, and considerate.

Affection, gentleness, warmth, concern, and care are words that are associated with kindness. Kindness can improve feelings of optimism and confidence.

The Mental Health Foundation defines kindness as: "doing something towards yourself and others, motivated by genuine desire to make a positive difference".

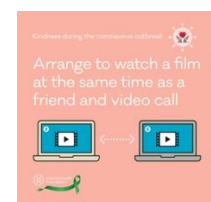


Kindness is an act of courage

It is easy to stay to yourself and avoid reaching out to others. Being kind often requires courage and strength.

Kindness matters - what you can do

Kindness during the coronavirus outbreak



Get involved with random acts of kindness

- Tell a family member how much you love and appreciate them
- Make a cup of tea for someone you live with
- Help with a household chore at home
- Tell someone you know that you are proud of them
- Tell someone you know why you are thankful for them
- Send someone you know a joke to cheer them up
- Send an inspirational quote to a friend
- Send an interesting article to a friend
- Spend time playing with your pet
- Donate to a charity
- Call a colleague and ask how they're finding the change in routine
- Give praise to your colleague for something they've done well
- Arrange to have a video lunch with a colleague
- Send an inspirational story of kindness people around the world are doing for others to someone you know
- Donate to foodbanks
- Offer to skill share with a friend via video call - you could teach guitar, dance etc.
- Offer support to vulnerable neighbours
- Offer to send someone a takeaway or a meal





Place2Be are excited to announce the launch of our virtual Kindness Cups - a way to celebrate the incredible acts of kindness taking place across our school communities. We are inviting schools and individuals to award these Kindness Cups during Mental Health Awareness Week (18-24 May).

The Place2Be Kindness Cups provide an opportunity to recognise the children, teachers, parents/carers and other individuals who have made a positive difference through their kindness at this challenging time.

