Mental Health Awareness Week 18ᵗʰ – 24ᵗʰ May 2020

Introduction for schools

City of Wolverhampton Council invites all schools in Wolverhampton to celebrate the acts of kindness, that are so important for the wellbeing of pupils, families and staff, during this year's Mental Health Awareness Week, which begins on Monday 18ᵗʰ May 2020.

The theme of this year's Mental Health Foundation campaign is kindness and seeks to highlight the positive impact that acts of kindness, both large and small, can have on people's mental health and wellbeing – particularly during the restrictions that have been in place as a result of coronavirus.

We encourage all schools to participate through promoting kindness using some of the suggestions and online resources outlined below and sharing these with pupils who attending school and with families who are not able to attend school at the moment.

This is HeadStart's fourth year of running Mental Health Awareness Week and this year we are working in conjunction with the local Stay Safe Be Kind campaign. Further information about the national Mental Health Awareness Week campaign can be found at https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week

The local campaign is supported by Wolverhampton Children and Family Together Board and Wolverhampton Health and Wellbeing Together.

Suggestions for schools to promote kindness

The Wolverhampton Headstart team make the following suggestions for schools to use within class and to share with families at home, to help promote kindness during Mental Health Awareness Week:

Take part in 10 random acts of kindness at home around theme of kindness:

- Smile.
- Give an honest compliment.
- Thank someone who you appreciate.
- Be a good listener.

- Offer your help to someone make the dinner or clean the house.
- Ask the people who are living with you how their day is going.
- Treat someone to a coffee, tea or a nice drink.
- Make a card to say "thank you" to someone who has been kind to you
- Phone one of your friends or relatives to see how they are
- Read a story or play a game with somebody in your home

Schools to choose one of the activities below during Mental Health Awareness Week:

Kindness Activity Wall: Designate a wall or display board to kindness! Your wall may include drawings, statements, poems, stories, pictures, quotes, collages. Be as creative and colourful as possible!

Kindness Jar: Get students and staff to write down any kind acts that they have done on slips of paper (example: helping other students or teachers, saying something nice to somebody and giving someone a compliment) and read out the kindness statements at the end of each day or at the end of the week.

Positive Sticky Notes: So simple, but so effective. Get all the young people to write a positive quote/word on a sticky note and display them on a poster/display board.

Caught Being Kind: Where do you see kindness in your school? Please share your experiences of how you have seen kindness in your school. These can be recorded on a mind map so we can the share kindness with others.

Set up a *Thank You Note Station* at your School: Say "thank you" to someone who has made a difference. . . . get students to create a card or letter to say thank you for the acts of kindness examples may be teachers, parents, carers, NHS etc.

Further online resources for schools

Our PSHE Advisory Teacher suggests that schools may choose to use some of the following free online resources to help promote kindness now and into the future:

Red Cross Free Kindness calendar – This is a blank downloadable calendar to record daily acts of kindness that is up to date in relation to Covid with supporting guidance for use with primary and secondary. It can be pre populated with acts of kindness or ideas can be added and students can choose from a list and record them. There are also downloadable 'My acts of Kindness' record cards. These resources can easily be used at home with families. The activities from the links below or from the Headstart lists can be recorded on this calendar.

https://www.redcross.org.uk/get-involved/teaching-resources/kindness-calendar

School of Kindness – This is a UK charity that provides free downloadable lesson plans and resources for KS1 & KS2.

https://schoolofkindness.org/

Twinkle – Is an educational resource site that has a fee paying membership but it has **FREE kindness resources** for schools to download and use (some Wolverhampton schools are signed up to this site already as paying members).

https://www.twinkl.co.uk/resource/t2-t-1142-ks2-twinkl-kindness-week-resource-pack

Ripple Kindness – This hasn't been updated since kindness day 2019, but has a comprehensive range of primary resources including kindness posters, checklists, coupons, lesson plans (build

'em up, kindness coupons), Blogs (e.g. kindness is a SUPERPOWER! & Courage, Compassion, Connection) links to other ideas (e.g. Kindness Trees).

https://ripplekindness.org/free-resources-to-teach-kids-to-give-during-kindness-day/

Kindness UK – They have sent Kindness packs out to schools in the past, but packs can be re-ordered on request Resources **(primary)** include certificates, stories, games and stickers and **(secondary)** poems, cards, songs, gardening, graffiti. Many of the tasks can be completed with families at home.

http://kindnessuk.com/

Place 2 be –There is a section in the 'Look back box' that has **2017's 'Spread a little kindness'** resources for primary and secondary. It has activities guides, assemblies, editable slides and teachers tips.

https://www.childrensmentalhealthweek.org.uk/schools-and-youth-groups/