



**Children's
Mental Health
Week 2017**

6-12 February #childrensmhw
ChildrensMentalHealthWeek.org.uk

Let's spread a little kindness!

It can make a big difference to spread a little kindness to those around you – especially if someone you know is having a difficult time.

Being kind to yourself is also really important. There are lots of different ways you can do this, like thinking of all the things that you like about yourself, or trying not to blame yourself when things don't work out the way you wanted.



Here are three easy ways you can spread a little kindness in your class today...

- **Is there someone in your class who seems a bit different from usual? Ask them "How are you feeling today?" It can be really caring to listen to how other people feel and, if they have a problem, see if you can find a solution together or ask an adult for help.**
- **Help someone else whether it's holding a door open, offering to carry something for someone, or just saying something nice about them. A little kindness can go a long way.**
- **If you think a classmate could use a little kindness, why not think of something they really like to do, and then suggest you do it together? It could be playing their favourite game, listening to their favourite music, or doing some art or reading together. Remember, be kind to yourself too!**

Always remember, if you're not sure about something, you can find an adult who you trust to talk to – it could be someone in your family, a teacher, or someone else in school. It can be helpful to think of all the adults you know who you might be able to ask for help.