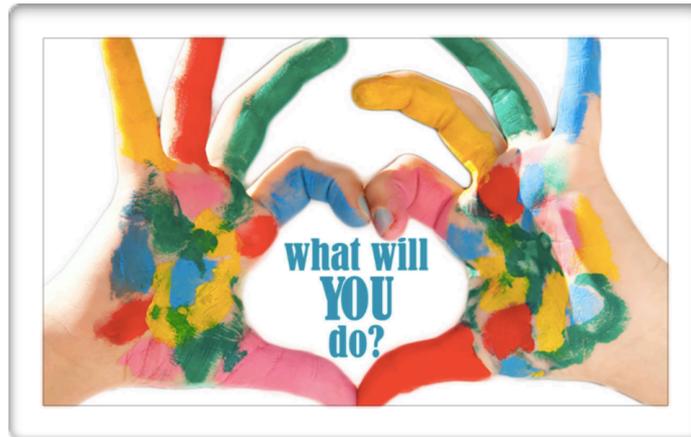


Well-being Wednesday - Kindness



Welcome again to Well-being Wednesday.

This week is Mental Health Awareness Week. The theme is kindness.

Kindness is connected to our mental health, as research has shows that kindness creates a sense of belonging. It reduces stress, gives a new perspective, and helps to boosts self-esteem.

Kindness is a very important value especially in the current climate. It has given cohesion to our communities and has strengthened relationships.

Here are some different ways that kindness can and has been expressed.

Warmest wishes,
Ms Suleyman

To celebrate his 100th birthday, Captain Tom decided that he was going to walk laps of his garden and raise money for charity.

His kindness raised around £33 million for the NHS.

The public also showed kindness when they donated so much to the charity.



What have you done to show kindness to a charity?

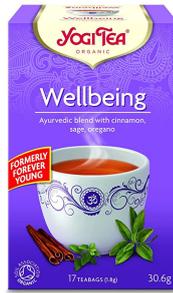
"If we all do one random act of kindness daily, we just might set the world in the right direction."

~ Martin Kornfeld



One for the grown ups.

Be kind to yourself by having a mindful cup of tea.



How often do you make yourself a cup of tea and drink while you're doing something else?

Make yourself a fresh cup of tea.
Be present while drinking it.
Feel the temperature of the cup.
Notice the smell.
Sense the warmth as you drink it.

What other things do you do to be kind to yourself?



Being kind and doing good, is good for you. It reduces stress and improves your well-being. When we are kind to others it has a positive effect on their mental health too.

Be kind to yourselves and each other.

Wishing you all a healthy, happy and peaceful week.

Lots of children have shown kindness by writing letters and cards for the residents of Glebe Court Care Home, in Lewisham.



Can you make a card or write a letter of kindness to one of your neighbours and let them know you are thinking of them?

Showing kindness to someone else helps us to have a more positive outlook on our own circumstances.

Send Kind Thoughts

Close your eyes and think of someone you like. Imagine that they are happy and smiling at you.

Imagine saying to them:

May you be healthy and strong.

May you be happy. May you be peaceful.

Notice in your mind and heart how you feel when you do this.

Notice how your body feels.



Now send kind thoughts to yourself.

Say to yourself:

May I be healthy and strong.

May I be happy. May I be peaceful.



Heart Garden

- 1 Sit mindfully, with your spine straight and body relaxed.



- 2 Think of a word that makes you smile — like *butterfly*, *rainbow* or *watermelon*. Repeat it to yourself.

- 3 Imagine planting your word like a seed in your heart. Repeat your word and imagine watering the seed in your heart garden.



- 4 Continue saying your word and imagine the seed opening and growing in your heart. What does it become?



- 5 Finish this exercise when your happiness seed has finished growing. True happiness comes from *inside* you. You can plant happiness for yourself.

Happy Hum

- 1 Sit mindfully, with your spine straight and body relaxed.

- 2 Close your eyes. Close your lips. Hum a few notes to yourself until you find one you like.

- 3 Breathe in deeply. With your out-breath, hum your note.
Breathe in. Breathe out and *hummm!*



- 4 Press your hands to your chest to notice the vibration of your humming. What do you feel in your hand and body?



- 5 Breathe in. Breathe out and *hummm!* Let your humming send calm into your heart.

- 6 Before you finish this exercise, quiet your humming and take three soft, slow, *mindful* breaths.