

WELL-BEING NEWSLETTER

KINDNESS WHAT IS KINDNESS?

ACCORDING TO THE DICTIONARY KINDNESS IS DEFINED AS THE QUALITY OF BEING FRIENDLY, GENEROUS, AND CONSIDERATE. WE ALL KNOW WE ARE SUPPOSED TO BE KIND TO OTHERS HOWEVER WE ALSO NEED TO BE KIND TO OURSELVES.

CAN WE BE CONSIDERATE TO OURSELVES?

BEING KIND TO YOURSELF IS LIKE TREATING YOURSELF LIKE A GOOD FRIEND. THINK ABOUT HOW YOU WOULD REACT TO A FRIEND WHO IS STRUGGLING OR UPSET.

HOW WOULD YOU TREAT THEM?

WHAT WOULD YOU DO?

HOW WOULD YOU BE KIND TO THEM?

NOW THINK ABOUT HOW YOU CAN TREAT YOURSELF LIKE THAT WHEN YOU ARE FEELING UPSET, SAD OR ARE STRUGGLING IN SOME WAY.

SOME IDEAS MIGHT BE TO

'ACCEPT HOW YOU ARE FEELING',


'SELF-TALK WHICH MEANS YOU TALK POSITIVELY TO YOURSELF',

'TELL YOURSELF THAT MISTAKES ARE OK, AND YOU DON'T NEED TO BE PERFECT',

'GIVE YOURSELF A BREAK',

OR JUST TREAT YOURSELF TO SOMETHING NICE.

HERE IS AN A TO Z OF KINDNESS IDEAS

A TO Z OF KINDNESS			
A ASK someone to play	B BE considerate	C COMPLIMENT someone	D DONATE a toy or book to a charity shop
E ENCOURAGE your friends	F FRIENDS need you to look out for them	G GIVE someone your biggest smile	H HUG a friend or family member
I INVITE someone to sit with you	J JOIN a charity and raise money	K KIND words always!	L LISTEN to your friends
M MANNERS remember yours!	N NOTICE how others are feeling	O OPEN your heart	P PRAISE someone
Q QUIET when the teacher is talking	R RING a family member	S STAND UP for your friends	T TELL a joke and make someone laugh
U USE your kind hands	V VALUE your friends	W WRITE a thank you note	X EXCEL yourself with kindness
 Y YOU can care and show empathy	Z ZERO meanness	