



Happy Mental Health Awareness Week at Brentside Primary Academy!

Our theme this year is **KINDNESS!**

Lets think...

How can we be kind?

Can you think of a time when someone did something that was kind? How did it make you feel?

Can you think of a time when you did something kind for someone else? How did they feel?

Brentside pupils are always kind, but let's try to do show some extra kindness during this weird time!

Things you can try this week:

- Make a poster to cheer on our amazing NHS and other workers who are helping our community
- Do a chore at home without being asked
- Compliment someone in your house... and mean it!
- Call, text or email a friend and tell them all of the reasons why they are amazing
- While maintaining social distance, smile at someone on your daily walk and watch them as they smile back... it's contagious!
- Send your teacher a note on purple mash telling them how much they mean to you
- Be kind to yourself... list all of the ways that you are unique and all of the reasons why you love yourself
- Be kind to your body and do some yoga
- Eat a healthy meal and teach the people in your house how healthy foods helps your mental health
- Make cards for everyone you love... write all of the reasons why you love them

Can you think of other ways that you can show kindness?

Remember: being kind to others and yourself will help your OWN mental health! You are amazing, smart, beautiful and unique. Take care of yourself and others to make sure that their brains are happy and healthy.

All of the staff at Brentside miss all of you. We hope to see you fantastic pupils soon!