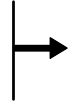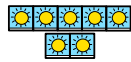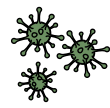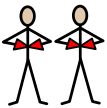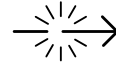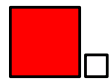# Kindness and the Coronavirus
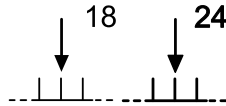
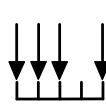This week, from 18th-24th May is Mental Health Awareness Week. The theme this week is **kindness.**
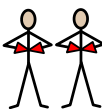
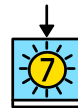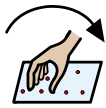We are thinking about kindness because of the Coronavirus pandemic, which is having a big impact on people's mental health. Lots of people might be frustrated or sad because we have to spend lots of time at home.
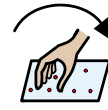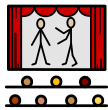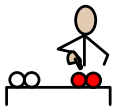
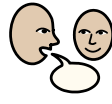I can try and be kind this week to make people feel happy.
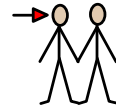
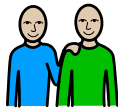**These are some acts of kindness I can try:**

1
1. Give someone a compliment. .

2
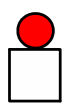2. Smile at someone and say 'thank you'.

3
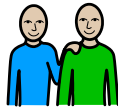3. Make someone a card / draw a picture for them

4
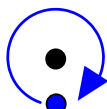4. Help a friend or family member
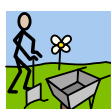
5
5. Call a friend on the phone and ask

'How are you?'

6
6. Help with chores around the house e.g. cooking,
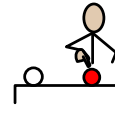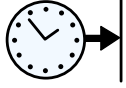
cleaning, gardening.

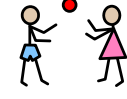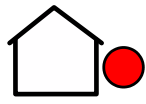I can also be kind to myself. This means I can

take time to do things that I enjoy (e.g. playing
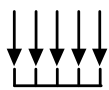
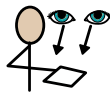outside, walking, singing, drawing). I can also think about
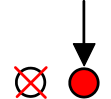
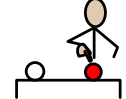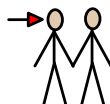all the things I like about myself.

If I show acts of kindness to other people, this
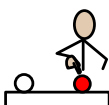
makes them feel happy. If I am kind to myself,

this makes me feel happy in my mind AND body.

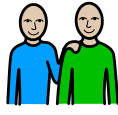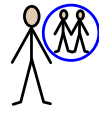When I have done my act of kindness I could take a photo. If I want to, I could send this photo to my school, friend or family member.
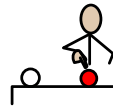
The photo could looks like this:

Take care everyone and let's be kind x