



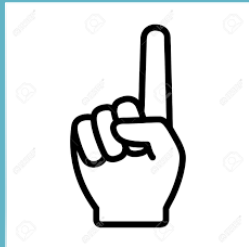
MENTAL HEALTH AWARENESS WEEK 18-24TH MAY





THEME: KINDNESS

**Mentalhealth.org.uk are suggesting that
this week, you try 3 things...**



**1 - Reflect on an act of kindness. Share your stories
and pictures (with permission) of kindness during the week
using**

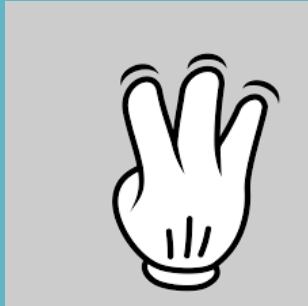
#KindnessMatters and #MentalHealthAwarenessWeek



Talk about the theme of kindness in your family, school, and community to join with thousands of people in practising acts of kindness to yourself and others during the week

You could:

- ❖ **Display the Mental Health Awareness week Poster in a window**
- ❖ **Write a letter to a friend/ neighbour to share how much you're missing them**
- ❖ **Smile at a stranger in the street – it could make their day (and yours)**
- ❖ **Pick some flowers for yourself or someone else**
- ❖ **Give yourself a make over/ put on your favourite clothes**
- ❖ **BE BRAVE – try talking to that person you've always noticed but never spoken to before**



3 - Share your ideas on how you think we could build a kinder society that would support our mental health using #KindnessMatters and #MentalHealthAwarenessWeek



**On Weds 22nd
10-11am**

Webinar for Parents:

This session will be covering mental health for parents & carers.

This interactive webinar will look at:

- What is mental health?
 - How can we look after our own mental health & wellbeing?
 - Providing love and security to children
 - Coaching for parents, inc how to communicate to children so they will listen
 - Sharing top tips on family wellbeing
- Click the link →



<https://www.eventbrite.co.uk/e/mental-health-awareness-week-mental-health-for-parents-tickets-104882247626>



Queen Elizabeth's
ACADEMY



See what you make of these short videos...

The stand up kid -

https://www.youtube.com/watch?v=E5lp60_HJk

The science of kindness –

<https://www.youtube.com/watch?v=O9UByLyOjBM>

The Present:

<https://www.youtube.com/watch?v=WjqIU5FgsYc>

The effects of positive and negative comments:



Some useful links:

Kindness to self – Mental Health Support pack

<https://camhs.rdash.nhs.uk/wp-content/uploads/2017/07/Rethink-Toolkit.pdf>

Mindful colouring book (for you to print)

<https://www.betweenessions.com/wp-content/uploads/2014/02/mindfulness-coloring-book-4-25-16.pdf>

Mental Health Support at Queen Elizabeth's Academy



Even in these very odd and uncertain times please **remember that you are not alone**. If you are struggling but would rather get in touch with somebody you know then please remember you can email:

- Your Tutor
- Your Head of House
- Mr Millar (Mental Health Lead)
tmillar@queenelizabeths-ac.org.uk
- If you would like to talk to Jane Wilcockson our academy Counsellor, please get in touch with Mr Millar for Jane's contact number.

