



WEEKLY WOOTTON PARK WELLBEING CHALLENGE



MENTAL HEALTH AWARENESS WEEK 2020

KINDNESS

Your challenge this week... Carry out a random act of kindness.



Why should we be kind? ...Watch this:

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

- Design a #KindnessMatters character or logo and place it somewhere for others to view and enjoy.
- Draw, say or write to a family member or friend to tell them how much you appreciate them.
- Tell someone why you are thankful for them.
- Tell someone you know that you are proud of them and why.
 - Contact a friend you haven't spoken to in a while.
 - Help with a household chore.





RANDOM ACTS OF KINDNESS

Kindness during the coronavirus outbreak

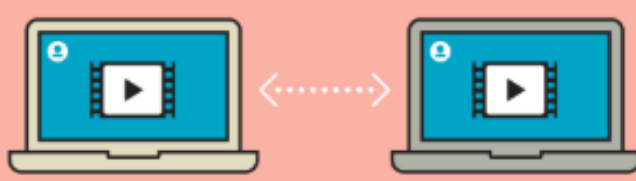
Send someone you know a picture of a cute animal



Mental Health Foundation

Kindness during the coronavirus outbreak

Arrange to watch a film at the same time as a friend and video call



Mental Health Foundation

Kindness during the coronavirus outbreak


Reach out to call a friend, family member or neighbour who is experiencing loneliness or isolation



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Kindness during the coronavirus outbreak

Send a motivational text to a friend who is struggling



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Kindness during the coronavirus outbreak

Arrange a cup of tea and virtual catch up with someone you know



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Play with your pet

Teach someone a new skill



Help to make someone a drink or some lunch.

#KINDNESSMATTERS

