



Peer
Education
Project



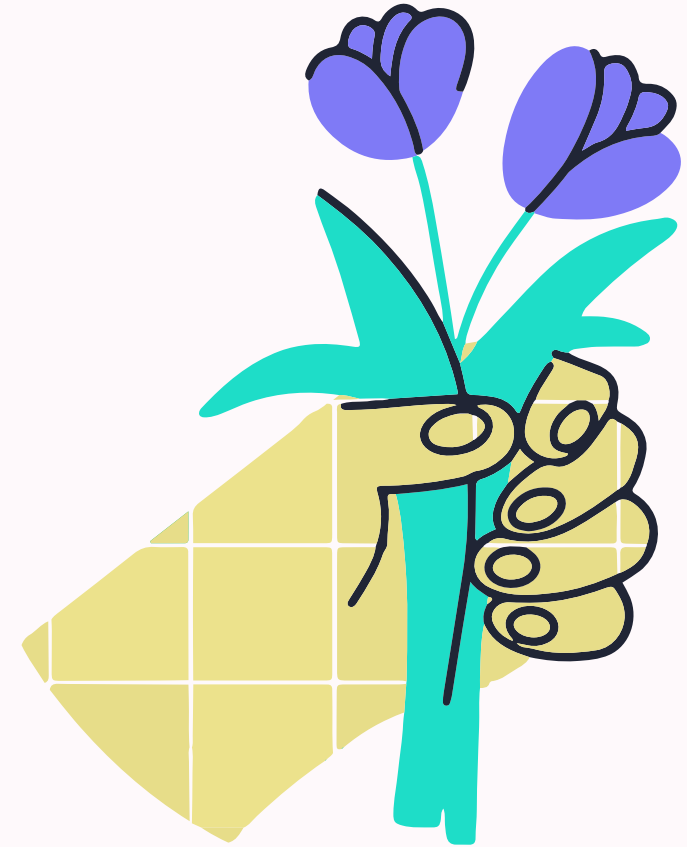
Mental Health
Foundation



Assembly

This assembly will cover:

- * What kindness is and the emotions connected to it.
- * How acts of kindness can benefit our own and others' mental health and wellbeing.
- * The ways we can show kindness to ourselves and others.

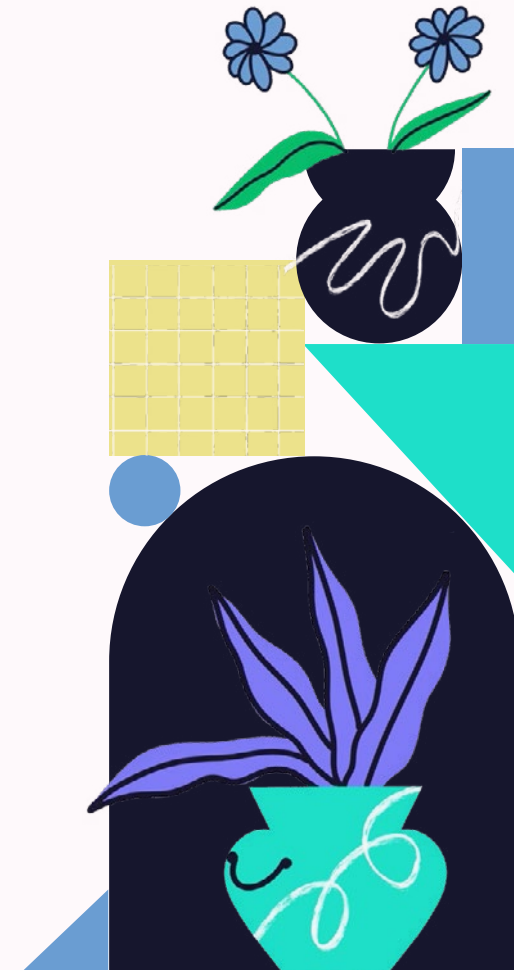


What do we mean by kindness?

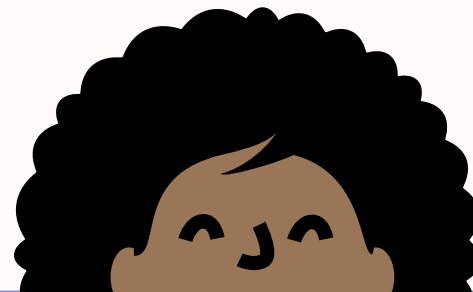
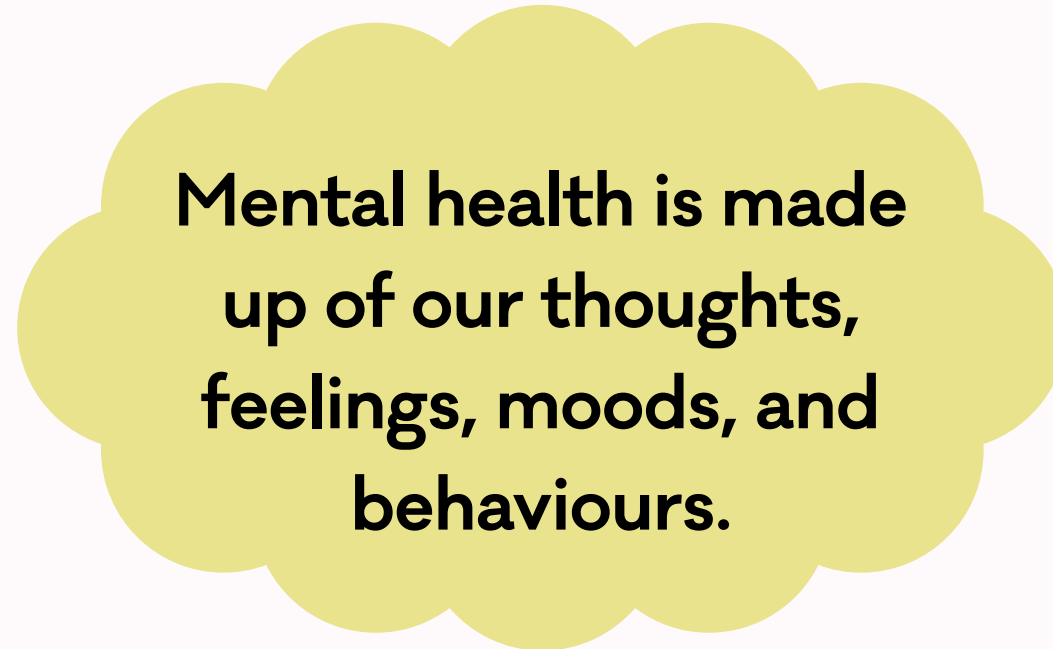


Kindness is:

- * Considering our feelings and needs, alongside those of others.
- * Showing acceptance, respect, and love towards ourselves and others.
- * Behaving fairly towards ourselves and others.



What is mental health?



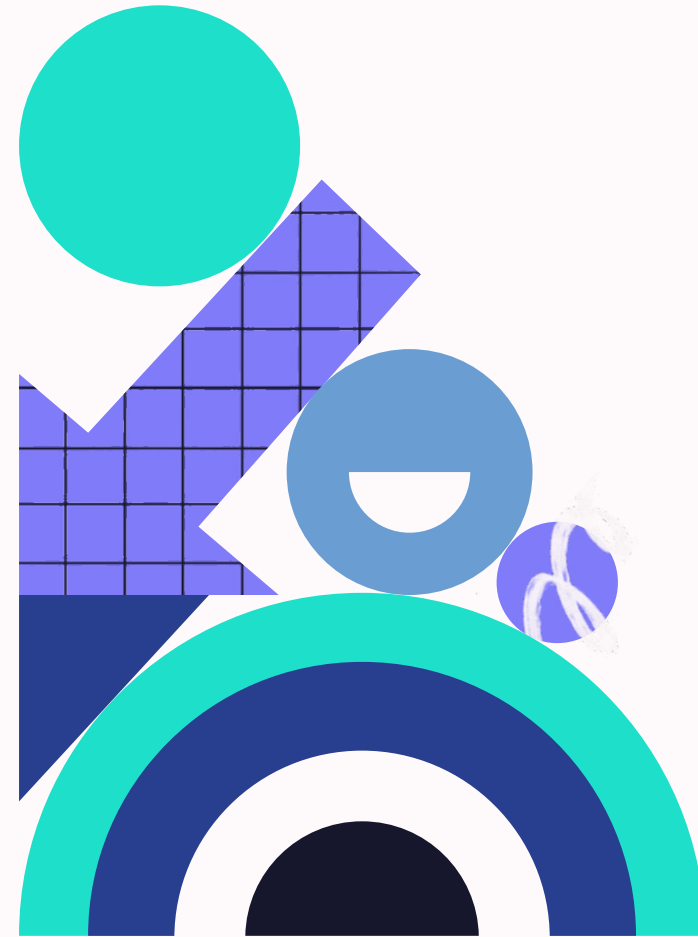
Why is kindness good for our mental health?



It makes us feel good!

Being kind:

- * Increases feelings of happiness
- * Increases wellbeing
- * Reduces stress



Why is kindness good for our mental health?



It creates a sense of belonging and reduces loneliness.

Showing kindness to others is one way that we can create, maintain, and strengthen our social connections.

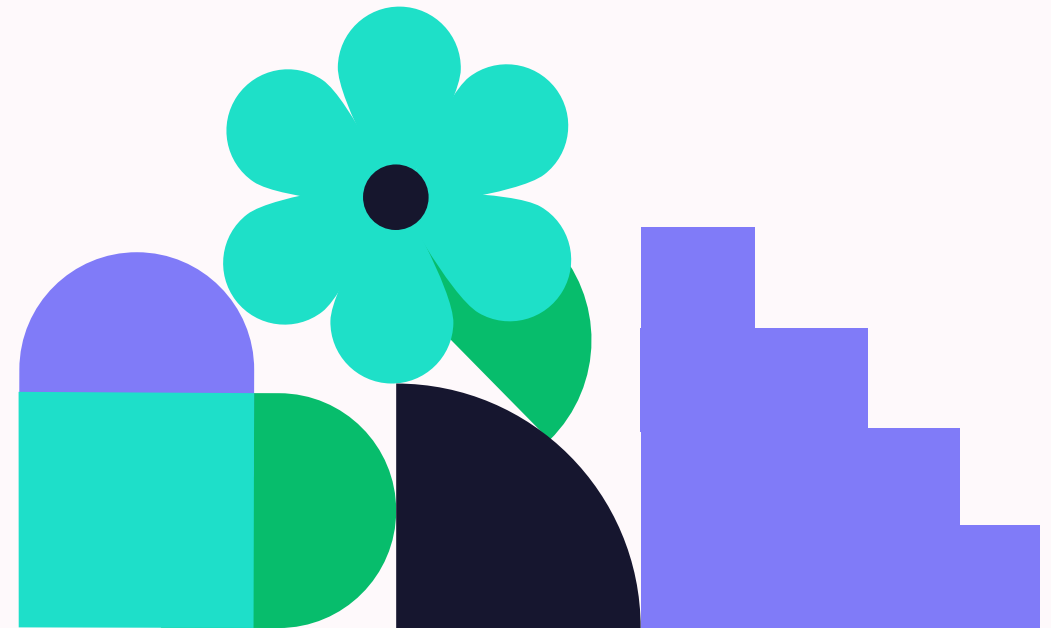


Why is kindness good for our mental health?



It keeps things in perspective.

Being open to acts of kindness, and reflecting on what we are grateful for, can help us reframe our attitude to life.



Why is kindness good for our mental health?



It makes the world a happier place!

Acts of kindness can motivate others to show kindness, creating a ripple effect.



How can we show kindness to ourselves?



Being kind to ourselves is sometimes even harder than being kind to others, but it is just as important for our mental health and wellbeing.

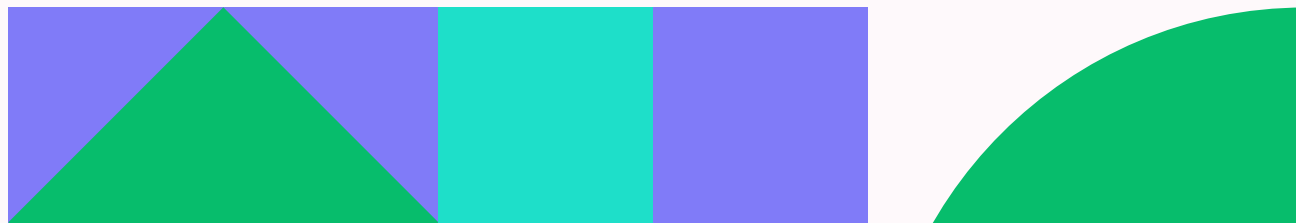
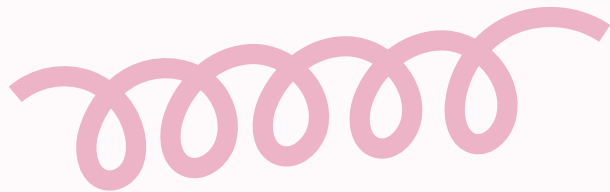


How can we show kindness to ourselves?



We can show kindness to ourselves by:

- * Spending 30 minutes every day doing something we love
- * Praising ourselves
- * Practising 'thought-swaps'
- * Being patient with ourselves
- * Practising mindfulness
- * Being kind to others



How can we show kindness to others?



We could:

- * Chat with a friend
- * Smile and say hello to others
- * Offer our seat on public transport to someone
- * Recycle
- * Volunteer in our community
- * Donate food to a food bank

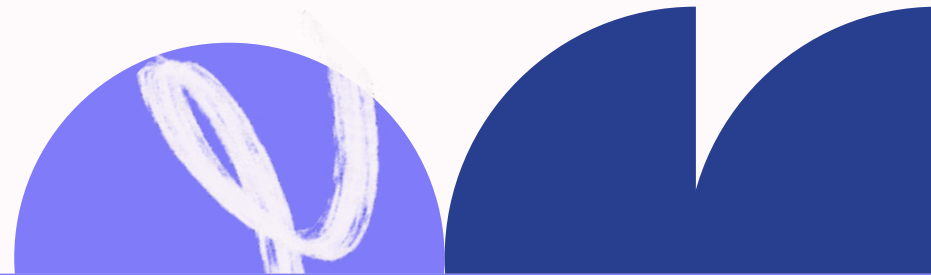


How can we show kindness at home?



We could:

- * Help a sibling with their homework or teach them a new skill
- * Help with the gardening or housework
- * Help a neighbour with their shopping
- * Set up a random acts of kindness challenge with people at home
- * Create a gratitude jar at home



How can we show kindness as a school community?



We could:

- * Take part in an activity we enjoy
- * Invite someone to sit and eat lunch together
- * Help a classmate with their schoolwork
- * Say thank you
- * Congratulate someone for something they have achieved



Final thoughts



Kindness is about considering our feelings and those of others, showing acceptance, respect, and love, and behaving fairly towards ourselves and others.



Further information and support

