

MENTAL HEALTH AWARENESS WEEK



18-24 MAY

2020

KINDNESS



#KindnessMatters



Kindness Matters

We want to get you talking about kindness and mental health.

During the week, we would like you to carry out or reflect on an act of kindness. Take a photo or video (with permission!) and use the hashtags to share on Twitter

[#KindnessMatters](#),
[#MentalHealthAwarenessWeek](#),
[#AllHallowsCatholicCollege](#),
[@AllhallowsCC](#)

Share your ideas on how you think we could build a kinder society that would support our mental health using the same hashtags above.

Be kind to yourself whilst supporting others

Just Drop in, which is a charity that was set up in Macclesfield 20 years ago, is setting the challenge to 'virtually' climb one of the local peaks: -

Shuttlingsloe, 506m (664 steps or 50 flights)

Tegg's Nose, 380m (500 steps or 38 flights)

Bosley Cloud, 343m (450 steps or 35 flights)

White Nancy, 280m (367 steps or 28 flights)

If you want to raise money to support the work of JDI and to help them plug the financial gap caused by the coronavirus, why not ask friends and family to sponsor you to 'climb' one or all of the peaks. One session of counselling cost £30.



Keep connected online with friends and family

Call a friend that
you haven't spoken
to for a while

*

Tell a family member
how much you love
and appreciate them

*

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

*

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

*

Tell someone you
know that you are
proud of them



Tell someone you
know why you are
thankful for them

*

Send a motivational
text to a friend who
is struggling

*

Send someone you
know a joke to cheer
them up

Send someone you
know a picture of a
cute animal

*

Send an
inspirational quote
to a friend

*

Send an interesting
article to a friend

*

Send an
inspirational
story of kindness
people around
the world are
doing for others to
someone you know

*

Contact someone
you haven't seen in
a while and arrange
a virtual catch up



Be Kind to Others

Do something creative
and send it to someone
that matters to you to
make them smile!



If you need support don't be afraid to ask

Message your
form tutor

Talk to someone in your family
Brothers, Sisters, Parents, Aunts,
Uncles, Grandparents

Email your Year
Learning Leader

Phone a friend



www.justdropin.co.uk/



www.mind.org.uk/



www.visyon.org.uk