

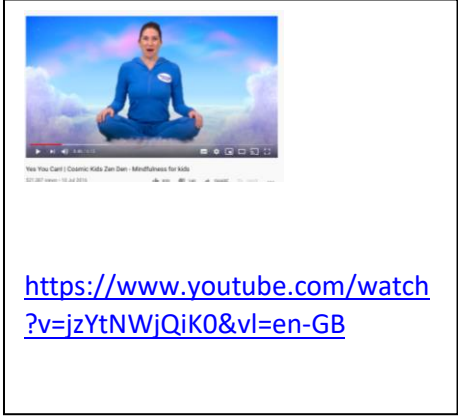


Kindness is this year's Mental Health Awareness theme. With that in mind here are some lovely ideas to try.

Monday
 Be kind to your body. Relax and have fun learning new yoga moves. Or try a Joe Wicks PE workout.
 If you like these clips there are lots more to choose from. Joe Wicks does PE everyday and just google Cosmic kids to see a range of lovely yoga videos.



<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>



<https://www.youtube.com/watch?v=jzYtNWjQik0&vl=en-GB>

Tuesday
 Do a kind deed. Use your kind hands to help. You might want to help do a job or help tidy up your toys. Play this song to help you along.
<https://www.youtube.com/watch?v=Jy5K1tGQhco>

Wednesday
 Be kind to your mind and talk about feelings. Start with a simple feeling. What makes you happy? Then what makes you scared or angry?
 How about making a worry doll. A worry doll is a great way to talk about your feelings.



Thursday
 Be kind to others. Make a kindness card for a family member at home or post one to cheer them up. Or make a rainbow picture and stick it your window for others to see.



Friday
 You are special and unique. Make a jar or bucket filled with words to describe how wonderful you are.