



Mental Health Awareness Week

Make a thank you card for someone you are thankful you have in your life.	FaceTime someone you are missing to check to see if they are ok.	Sort your toys out and put some ready to donate to charity when it is safe to do so.	Do a chore around your house, without being asked!	Do something nice for your brother or sister. Such as tidy up after them, draw them a picture.
Make a thankful picture to decorate your window.	Make something lovely for your family or neighbours- perhaps do some baking or draw a picture.	Make positive notes and hide them around the house for your family to find.	Give a compliment to as many people as you can.	Smile at everyone you see today. Remember smiles are infectious and can make someone's day.
Use chalk to make positive notes to decorate your driveway.	Make a care package for someone who is self-isolating.	Spend time playing with your pet and give them lots of attention	If you are allowed with adult supervision, make your grown up breakfast or lunch.	Send someone a joke to help cheer them up. Video it with a nice message and send it.
Play a game with your family and be happy for someone if they win.	Take some photos to send to a family member you have not seen to make them smile.	Tell a family member how much you love them. Perhaps do a picture for each of them	Paint some stones/ pebbles with positive messages and hide them around your local area.	Do some weeding or sweeping in the garden. Water all the plants to keep them happy.
Don't complain all day, not even once!	Help with whatever job your grownups are doing.	Say 'Thank you' when people do things for you.	Make all the beds in your house to help your grownups.	Share your toys and let your siblings play with you.

Kindness matters

How many acts of kindness can you do this week? Send your photos to year2@vfs.endeavourschools.org