

A special edition children's
newspaper to celebrate
Mental Health Awareness Week



**South West
Yorkshire Partnership**
NHS Foundation Trust

A large circular collage of various blue brushstrokes and paint textures, arranged in a ring around the central text. The strokes vary in thickness, direction, and pattern, including solid colors, marbled effects, and polka dots.

THE
Kindness
TIMES

In April, we contacted Primary Schools in Wakefield and asked the children to share their experiences of kindness in celebration of mental health awareness week.

There has been such an overwhelming response to this kindness challenge and it has been so lovely to see how much the children of Wakefield already know about the importance of kindness.

You should all be really proud of the beautiful poems, pictures, stories, films and photographs that you have created.

Everyone has done such a fantastic job, and this has made it very difficult for us to pick which pieces of work go into the newspaper. If your piece of work isn't here, it doesn't mean we didn't think it was amazing, we just didn't have enough space.



A super special thank you goes to the children, their families and staff from;

Ackworth Mill Dam School

Ash Grove Primary Academy

Cathedral Academy

Common Road Infant and Nursery School

Crofton Infant School

Crofton Junior School

De Lacy Primary School

Dimple Well Infant School

English Martyr's Catholic Primary School

Glasshoughton Infant Academy

Grove Lea Primary School

Horbury Academy

Northfield Primary School

Orchard Head Junior, Infant and Nursery School

Ossett South Parade Primary School

Pinders Primary School

Sandal Castle Academy

Snapethorpe Primary School

Southdale C of E Junior School

South Kirkby Academy

St Giles CofE Academy

St. John The Baptist Catholic Primary School

St Mary's Primary

The Rookeries Junior, Infant and Nursery School

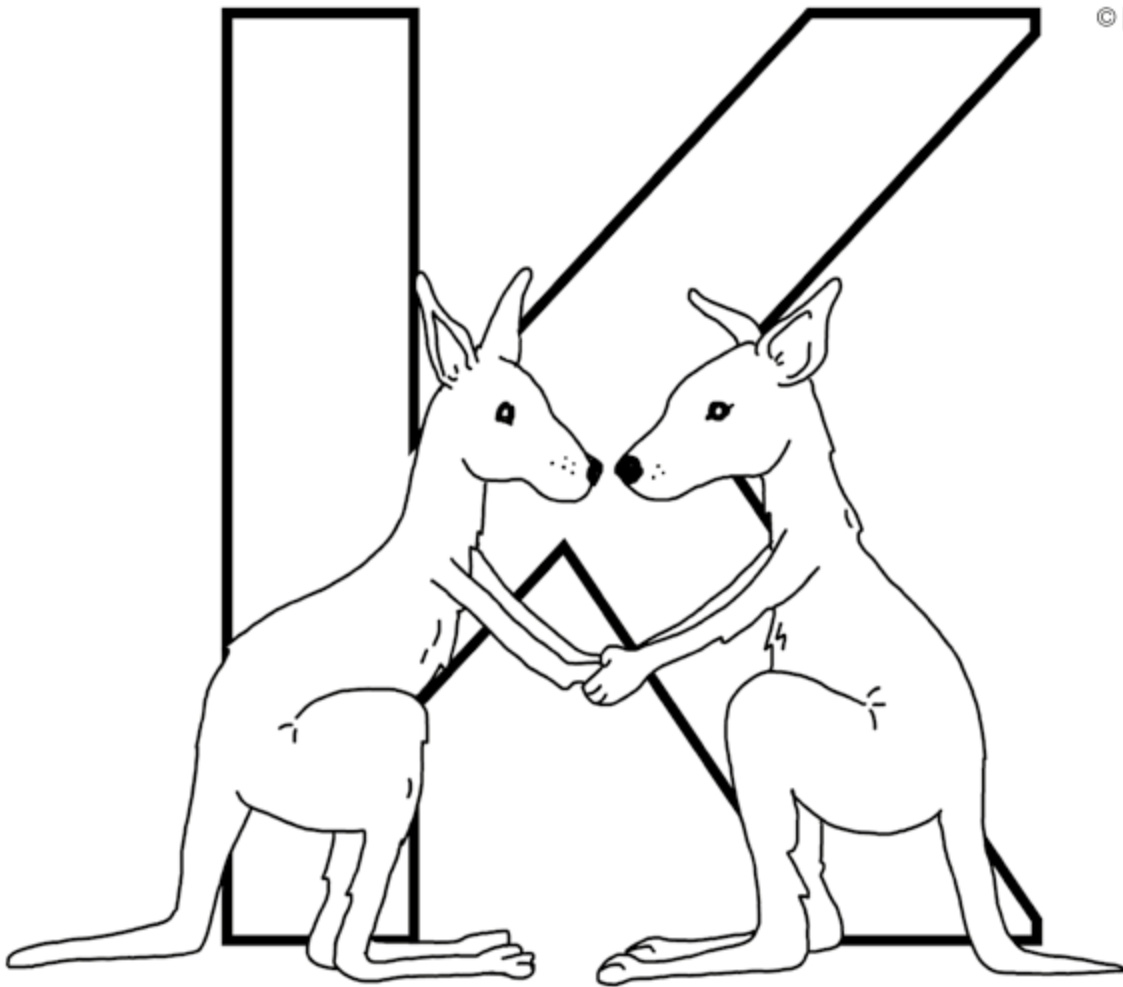
Towngate Primary Academy

West Bretton Junior and Infant School

Willow Green Academy

Finally a big thank you to **Rhubarb Design House** for their help designing this newspaper, and to **Fearless Flamingo** for their lovely colouring sheets.

Let's all keep spreading joy as far as we can and we hope you enjoy The Kindness Times!



be Kind 

Having or showing a friendly, generous and considerate nature.

- What does kindness look like, sound like and feel like for you?
- Think of 3 kind things to say about everyone in your family
- What is the kindest thing that someone has done for you and how did it make you feel?

Did you know?

Kangaroos can jump about 2 metres high and cover over 7 metres in a single jump!

Kangaroos can swim but they can't walk backwards.

A group of kangaroos is called a 'mob', 'troop' or 'court'.



Olly, St Giles Academy

"If you see someone without a smile, give them your's."

Hannah, The Rookeries School

"Kindness makes me feel happy, please, delighted and proud."

Charlie, Southdale C of E Junior School

"We are all stars in our own way".

The children at Towngate Primary Academy

"It costs nothing to be kind."

Millie, Crofton Junior School



What is kindness?

Kindness comes in all different shapes and sizes and it is important for children and grown-ups all over the world. By showing care, love and respect you can help brighten other people's days.

One of the best things to remember is that...

Kindness is just about one of the only things in the world that doubles when you share it

Lots of you may have already heard about all the wonderful things that are happening in all different parts of the country at the moment to spread help and happiness to those who need it most. It can be something small like smiling or saying "hello" to a friend, or it can be something supersize. Take for example, 100 year old Captain Tom Moore who has walked around his garden 100 times to raise lots of money to help the NHS. Lots of children including **Nya**, **Oliver** and **Roman** all made lovely birthday cards to send to Captain Tom. Well done!

This poem by **Maisy** from Northfield Primary School sums it up beautifully. Well done, Maisy!

Knowing to always respect others

Imagine and dream of world peace

Never forget everyone is unique

Do the right thing and listen to others

No! To mean words

Everyone is different, that is what makes the world special

Stop and think before you speak

Smile at everyone and be happy.

Not only is giving the gift of kindness good for the person who is receiving it, but there are also so many benefits for people who see acts of kindness and for the person who is acting in a kind way.

In fact, its scientifically proven that being kind has some super side effects. You may have heard of hormones; these are made inside our body and can make us feel a certain way; for example, happy, sad, worried or angry. You can't see them, but from time to time you might notice them working hard, as they help our brain to make important decisions.

When we offer, receive or see kindness, our bodies produce lots of the special hormones which help us to feel calmer, healthier, happier and more loving. So there we go, no act of kindness, no matter how small is ever wasted.

Kindness wordsearch

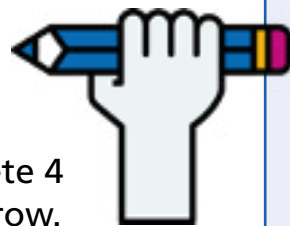
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S	Q	O	S	S	E	N	D	N	I	K	A	A	H	I

Can you find all the hidden words?

CARING	LOYAL
CONSIDERATE	POLITE
EMPATHY	RESPECTFUL
FRIENDLY	SHARING
HELPFUL	SMILE
HONESTY	THOUGHTFUL
INCLUSIVE	TRUSTWORTHY
KINDNESS	



Kindness bingo



The goal is to complete 4 acts of kindness in a row.

If you work really hard you might be even be able to get a full house.

Remember it feels great to be kind, so keep smiling and enjoy!

Helped with the chores	Told my friend why they are special to me	Gave myself a big compliment	Create your own act of kindness
Smiled at 5 different people	Made a card or picture for somebody special	Gave someone at home a hug	Create your own act of kindness
Held the door open for somebody	Said kind words to somebody	Made somebody laugh	Create your own act of kindness
Picked up some litter	Wrote down 3 kind things about myself	Made 'Be happy' notes and left them in places for people to find.	Create your own act of kindness



Giving or ready to give help.

- How do you help out at home? Can you think of a new way to help today?
- What do you think would happen if we all stopped helping other people?
- Is there anything you would you like someone to help you with?

Did you know?

The 'Hedge' part of their name comes from where they build their nests in hedges, bushes and shrubs. The 'hog' part comes from the small snorting sound they make which is similar to a pig or a warthog!

Hedgehogs are actually lactose intolerant, so milk should never be left out for them, water is perfectly fine.

Hedgehogs have around 5000 to 7000 spines on their back. Each spine lasts about a year before dropping out and being replaced.

Children's stories

Acts of kindness



We asked children across the district to share some of their kindness stories. Let's take a look at what wonderful things have been happening...

Felicity has been making some yummy Rolo cookies and giving them to her neighbours. Every day she sees an elderly neighbour who waves from her window, so Felicity shows the lady her teddies and flowers that she has picked to make her smile. That is fantastic Felicity!

Felicity, Dimple Well Infant School

Take a look at Ava's lovely creation. Ava has made some wonderful hug tokens and has sent them to some of her favourite people in case, like her, they are missing being able to give and receive hugs during lockdown. Well done Ava!

Ava, West Bretton J & I School



Cora made some Easter cards and sent them to her neighbours to cheer them up. What a lovely thought Cora!

Cora, The Rookeries School

With the help of her Mummy and Daddy, Mia collected lots of food, toiletries, gloves and masks and some treats for the carers at Aden Lodge Care Home.

Mia felt happy she did this and there were lots of tears, smiles and laughter from the people she helped. High five Mia!

Mia, South Parade Primary

A child in year 4 has shown kindness to an elderly neighbour. After seeing him looking sad because he is feeling lonely during lockdown, the little girl went home, drew him a picture which she took back & posted through his letterbox. She now plans to visit him by his house daily whilst walking with her mum. What a lovely act of kindness!

Year 4 pupil, Ash Grove Academy

Milly made a lovely poster all about her superhero mum. On the poster Milly wrote about what makes her mum so super and there were lots of lovely compliments. High five Milly!

Milly, Southdale School

Megan made a poster about her mummy and wrote down all the special things her mummy does and about how beautiful she is. This is lovely, Megan.

Megan, Dimple Well School



Thomas has been looking after the birds in his garden by making sure they have lots of food to eat. This is a perfect example of being kind to wildlife, super job Thomas!

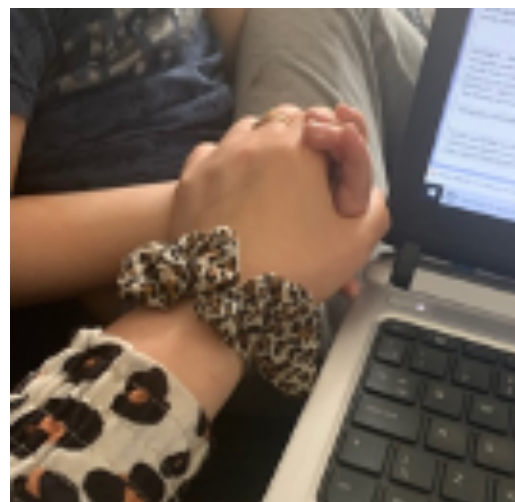
Thomas, Crofton Infant School

Ruby and Charlie made a special fish and chips delivery to cheer up their 90 year old neighbour. I'm sure your neighbour was really happy about this, well done!

**Ruby and Charlie,
Dimple Well School**

Whilst Rex's mum was busy doing her work, he helped her to feel better by holding her hand. Kindness doesn't always need words, well done Rex!

Rex, Dimple Well School



Joshua has been brightening up local bus stops with thank you messages and pictures to make people smile when they are waiting for the bus or when they are walking past. The bus stops look beautiful, great work!

Joshua, Southdale School

The Ossett Albions under 7s wrote a lovely poem and posted it to people to give them a little bit of hope and happiness at Easter time. Well done team!

Under 7s, The Ossett Albions

Parents of children had brightened the staff teams' day by putting posters on the school gates to say a big thank you to the teachers.

**Parents of children,
Snapethorpe Primary School**

Mason made some sprinkle sponge cake for his auntie who has just had a baby. She had really wanted the cake so it made her really happy that Mason and his mum had done this kind deed. High five Mason!

**Mason,
English Martyrs Primary School**

Barnaby really loves and cares for his dog, Max. Barnaby said, "I cuddle him when he's not on the brightest of days and say I love him a lot, Max has had ups and downs and I've always been at his side". This is super, well done!

Barnaby, Crofton Infant School

One child made some lovely buns to say thank you to the bin men for helping keep the country going and safe. I bet that made their day, well done!

Year 2 pupil, Orchard Head School

Emily and Charlie made lovely homemade flower pots to deliver to people with a little message on saying 'just to make you smile'. This is beautiful!

Emily and Charlie, Southdale School



Amy from Southdale School delivered flowers to people, as did Reuben from South Parade Primary. What a thoughtful thing to do!

**Amy, Southdale School
Reuben, South Parade Primary**

Look at this lovely poster that Stanley has made to say thank you to all the staff at his local Sainsbury's store. It sounds as though this really made the staff smile. Well done Stanley!

Stanley, Crofton Junior School

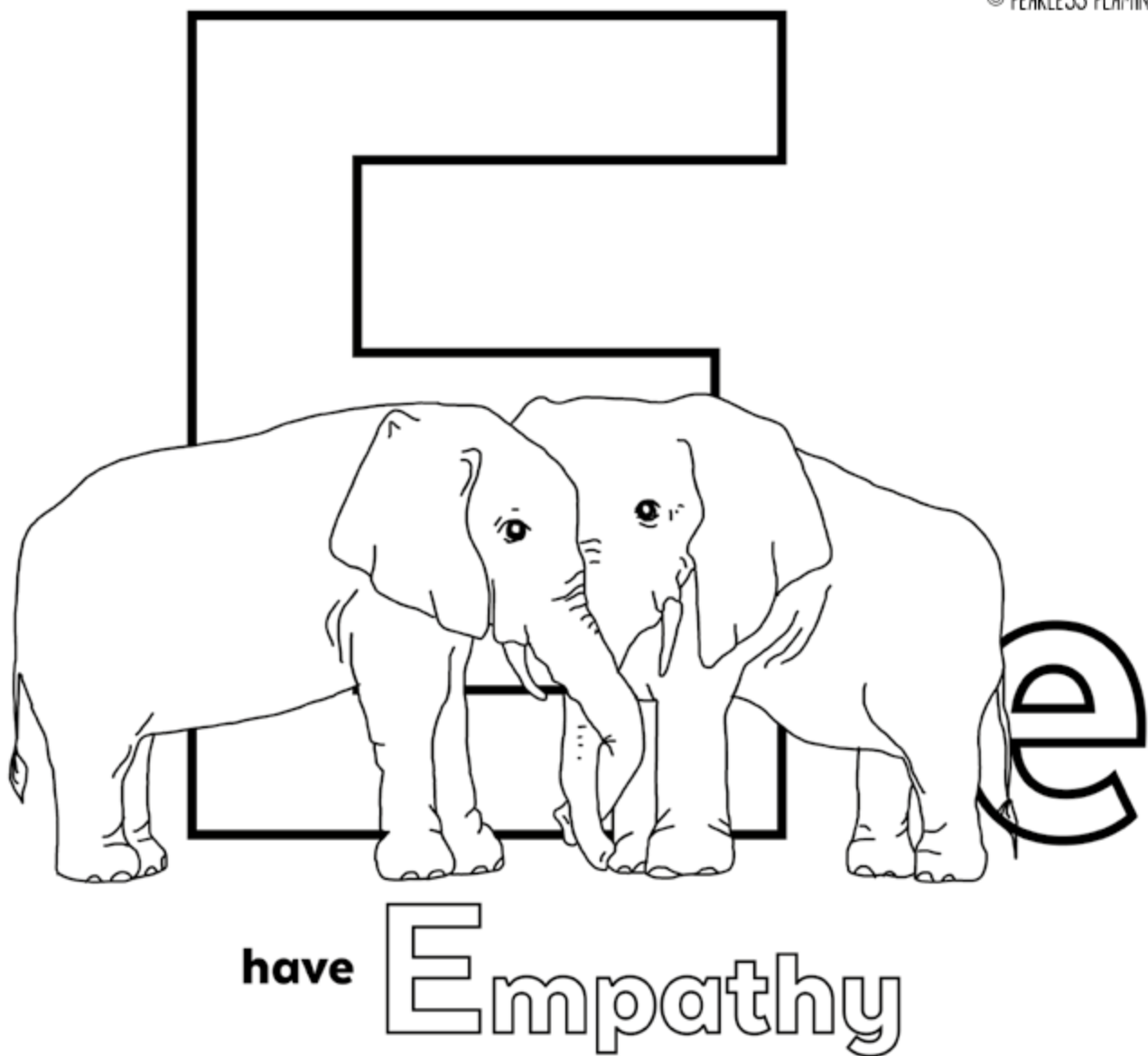


Finlay and his brother collected and delivered food for the local food bank. Well done boys!

**Finlay and his brother,
Southdale School**

Amaan and his sisters rescued a moth that was in trouble and put the moth somewhere it could be safe. How lovely and caring!

**Amaan and his sisters,
Dimple Well School**



The ability to understand and share the feelings of another person, situation or attitude.

- How do you let someone know you care? • Does seeing something from someone else's perspective change the way you behave?
- How do you feel when someone listens to your feelings?

Did you know?

Elephants are herbivores and can spend up to 16 hours a day collecting and eating leaves, twigs, bamboo and roots.

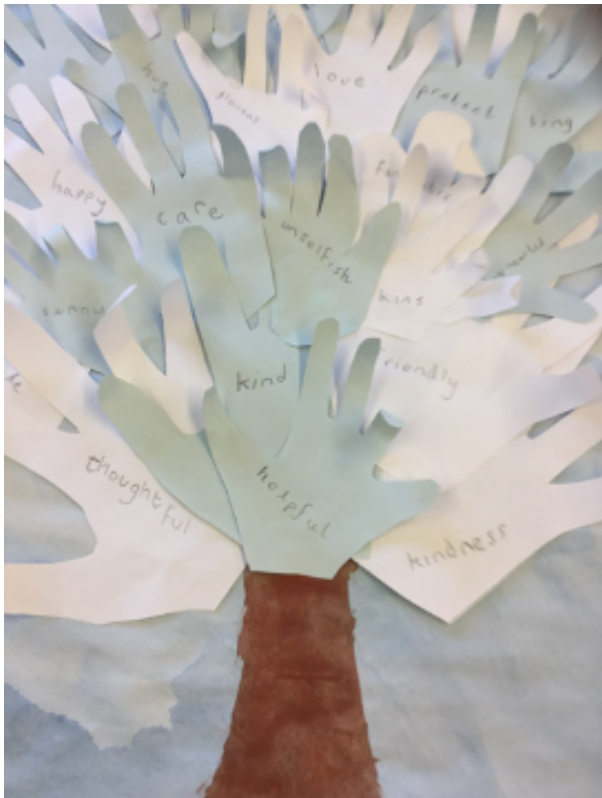
An adult elephant will drink around 200 litres of water a day!

Elephants are excellent swimmers – they use their trunks to breathe like a snorkel in deep water.

All about kindness

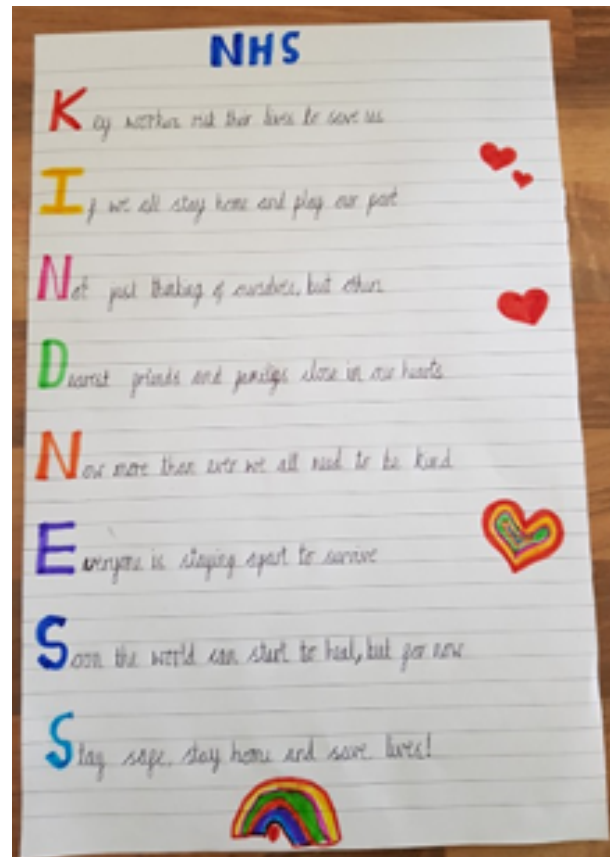
We asked children across the district to share some of their thoughts on what kindness to others means to them. Let's take a look at some of their creations...

Key stage one children from Ackworth Mill Dam School worked together to create this lovely kindness tree.



At Cathedral Academy the young people have been set the PE challenge to combine 30 minutes of exercise with an act of kindness. These are both important things for our mental health. Good job Cathedral!

Olivia from South Kirkby Academy has written this special poem which pays tribute to all the keyworkers who are working extra hard to keep us safe and smiling.



Marcus and **David** from South Kirkby Academy thought of some great ideas about how to be kind. Their top 10 tips were;

- 1) Be kind through music
- 2) Be kind by saying hello
- 3) Be kind by helping anyone
- 4) Be kind by using good manners
- 5) Be kind by looking after the environment
- 6) Be kind by asking 'how are you?'
- 7) Be kind by smiling
- 8) Be kind by listening
- 9) Be kind by being happy for others
- 10) Be kind by saying sorry

Can you try any of these suggestions out today?

Annie from Common Road drew this fantastic picture which reminds us all how important sharing is. Well done Annie!



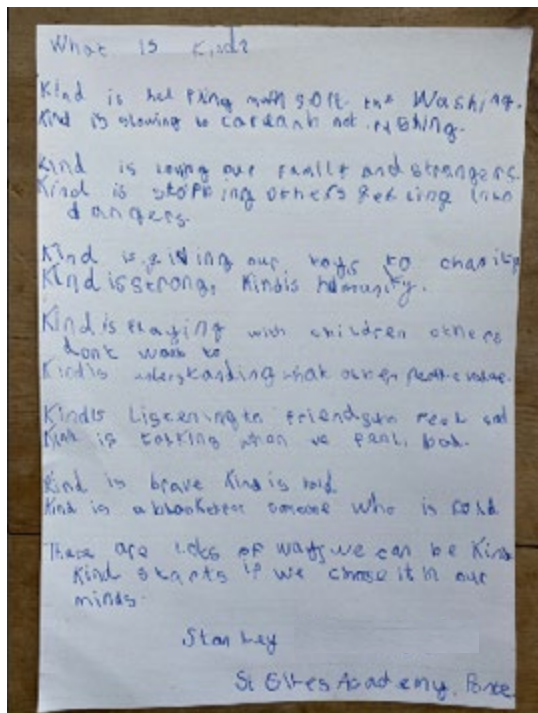
Look at this fantastic picture that **Quinton** from Grove Lea has created. Even in the rain we can see two people standing together smiling. Good job Quinton!



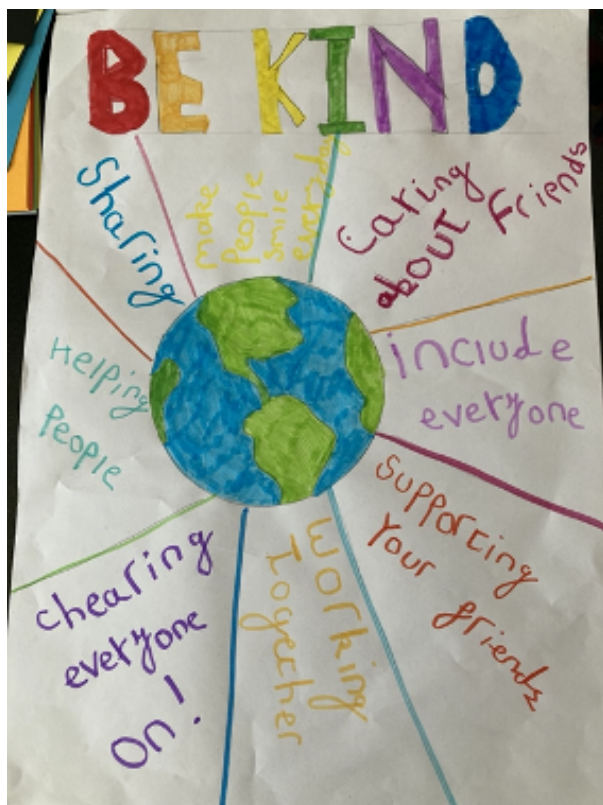
The children at Glasshoughton Infant Academy made some cloud pictures about people who show kindness to them. Lots of children said that they like cuddles and one of the children remembered how important it is to say nice things.



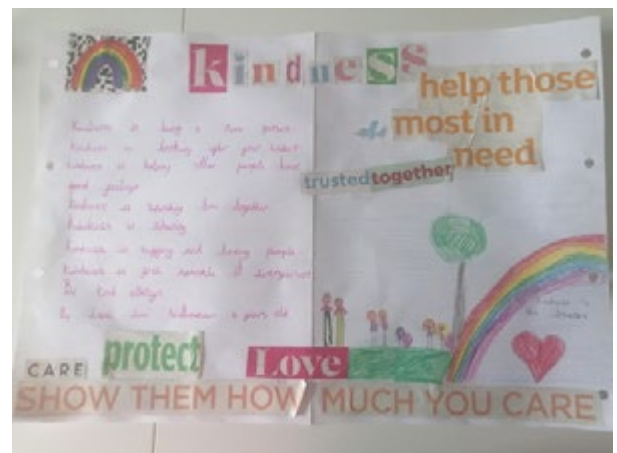
Stanley from St Giles Academy already has such a good idea of how to be kind. High five Stanley!



In her beautiful drawing, **Maisie** from Grove Lea reminds us that kindness is one of the most important things in the world.



Esme from Crofton Infant School has created this lovely collage all about kindness. Esme, we especially like your rainbow and reminder that 'kindness is the treasure'.



Finlay from De Lacy Primary has drawn this fantastic picture. Take a look at his joke in the bottom right corner to make you laugh.



Willow-Rose from The Rookeries School read a poem she had written about kindness, and it started off like this:

"For family and friends we bake buns and cakes, we deliver them and what a difference this makes. Its wonderful to see their smiley chops, for some of them we even went to the shops!"

Willow-Rose, you did such a fantastic job of reading your work aloud. Well done!

Tyler from De Lacy Primary helps us to remember that sometimes we need to ask for help and that's okay. This is a really important message that is a perfect example of self-kindness, thanks Tyler!



Maddie from Crofton Junior School made a poster called 'My kind of kindness'. In her poster she wrote:

"During these strange times, a most appreciated act of kindness for me, is knowing that everyone is here for everyone and that our country can conquer anything if we just try, think positive and complete acts of kindness for each other."

The children at St Mary's Primary have been busy making a beautiful kindness tree full of brightly coloured handprints and friendship paperchains.



Ellen wrote a poem about different colours and how they can sometimes link to different feelings. We especially liked her thoughts about the colour yellow:

*Yellow is bright,
A field of happy thinking.
It cheers people, up
Sets their eyes a-twinkling.*

Children at Orchard Head drew lots of lovely pictures that sum up kindness. These are a couple of our favourites. Well done to you all!



Children at Towngate school made 'be kind bees', and thought about how to make a better world. These are beautiful buzzing bees!



Children who attend St John the Baptist School have been busy making kindness trees. The children were thinking about how important kind words are and how they grow within us. Well done to you all!



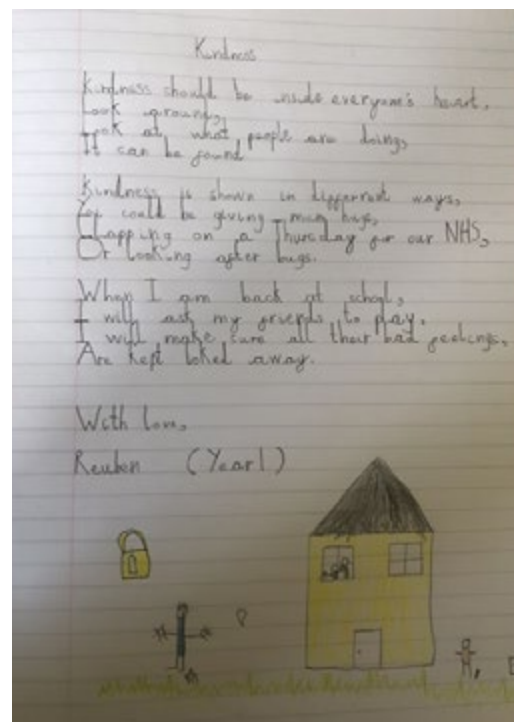
Lucy from Sandal Castle Academy wrote a lovely poem about kindness and in the poem she reminded us that:

*Kindness costs nothing, but means everything.
Kindness is precious.
Kindness isn't just a thing you can have,
but a thing you can give.
Kindness is precious.*

Sophie from Sandal Castle Academy created this collage of kindness themed words and images she had found in the newspaper. Well done Sophie!



Look at this fantastic piece of work that **Reuben** from West Bretton Primary has created. This sums up how we can be kind in lots of different ways. Thanks Reuben!



One of the children from Willow Green Academy wrote this fantastic poem to say a big thank you to his teachers! This is great work!

THANK YOU

I want to say thank you,
Thank you to my school.
Willow Green Academy
Is really, really cool.

My teachers help me learn and grow,
They taught me everything I know
They send me work and activities
To keep me busy at home.

They all deserve a medal,
For teaching me every day,
I know more than my parents do
Because I learned the Willow Green way!

So, thank you to my teachers,
For being kind to me,
You sure have helped me develop
And shown me who I can be.

Destiny from Common Road Infant School created a really important reminder for us to show kindness to our brothers and sisters. This is a lovely drawing, Destiny!



Mason from Horbury Academy shared his ideas about kindness in this clever and thoughtful poem.

Kindness can be shown in many ways

In helping others and

Not being selfish

Days that are dull, kindness can lift our spirit

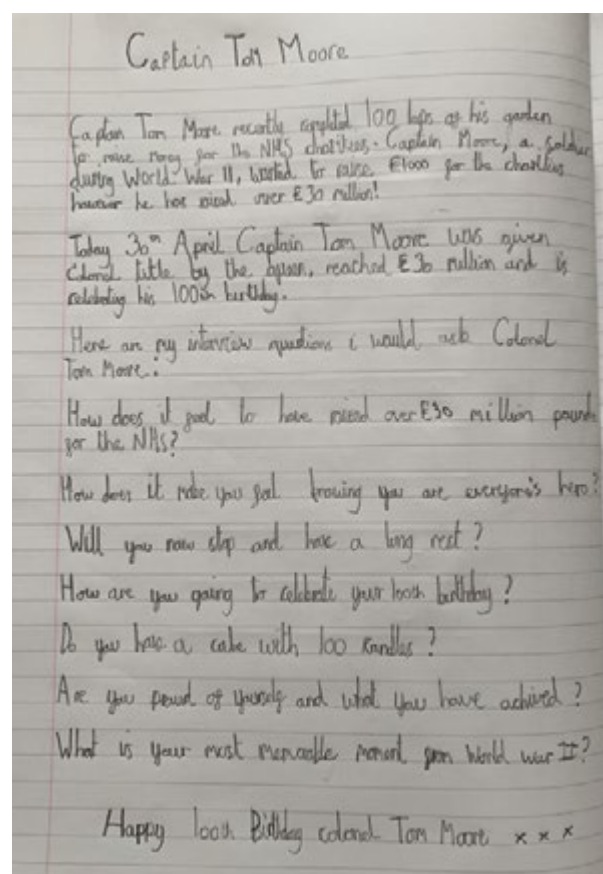
Never give up when your mind is feeling fractured

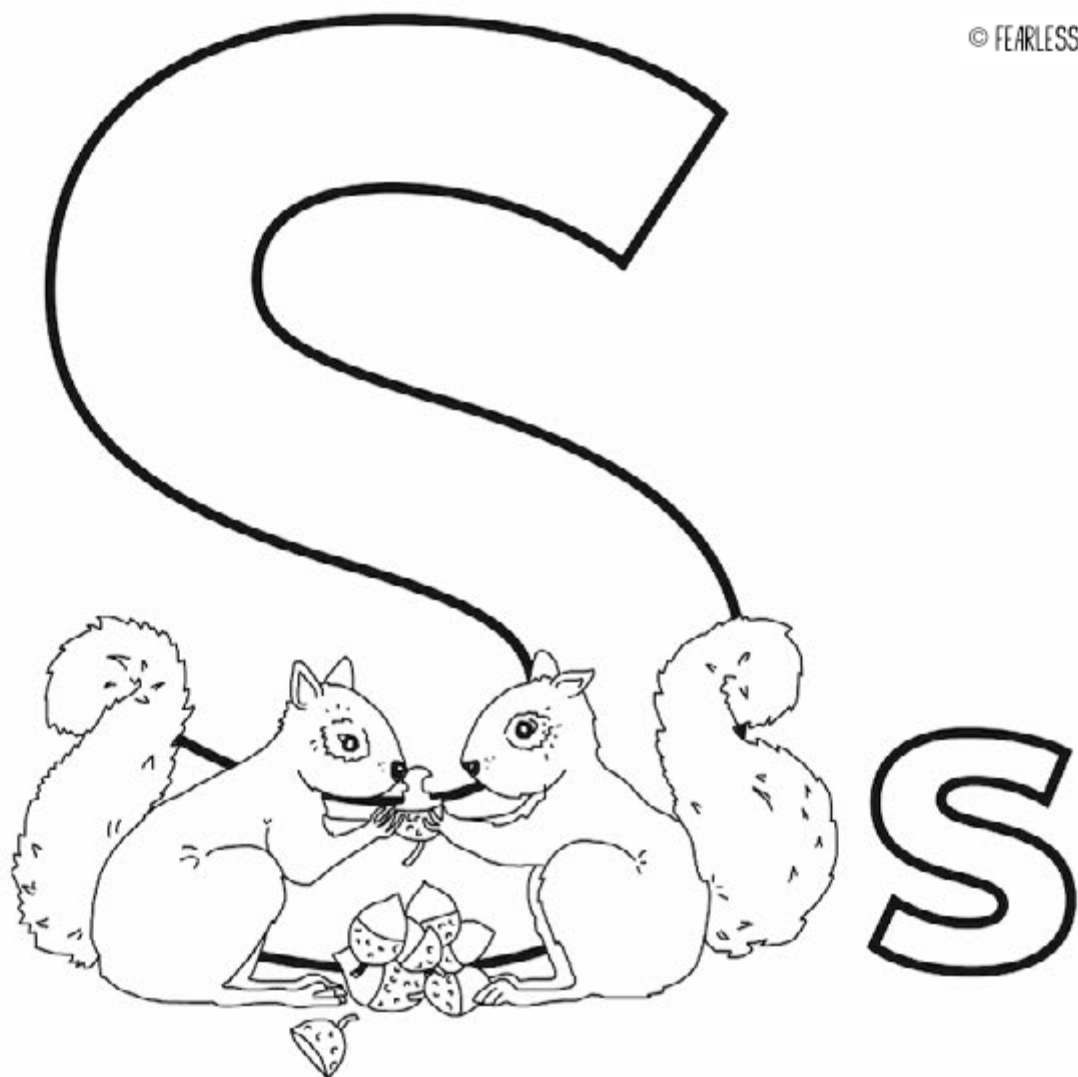
Every day has an opportunity to be great

Start complimenting yourself

Sadness will not bring you down.

Roman from English Martyr's has written this letter to Captain Tom Moore. Roman, your interview questions are really interesting, well done!





Share

To use or enjoy something with others.

- What things do you find easy or hard to share?
- What could you share with someone now to make their day better?
- How do you feel when someone shares with you and why?

Did you know?

There are more than 200 different species of squirrel.

Flying squirrels have been known to glide for distances of up to 90 metres!

Squirrels are born blind and deaf.

Be kind to nature



Did you know?

Bees have a really important job to do. They help pollinate the plants that create the food that we eat. Bees especially love flowers that are purple, yellow or blue, such as buttercups, lavender and clover. Have you spotted any of these flowers.

Learn more

If you want to learn a little bit more about being kind to our planet and fun ways that you can help, check out these websites;

bbc.co.uk/newsround

ourplanet.com/en/schools-and-youth/

rhythmsofplay.com/diy-projects/

wildlifetrusts.org

Let's continue to spread kindness to nature, in our gardens, in the park, when we can visit the seaside or countryside again and when we go back to school.

Our being kind to nature top tips are:

- Remember the '3 Rs' – Reduce, Reuse, Recycle. For example, you could turn an empty milk carton into a watering can for your plants or a bird feeder for the birds in your garden.
- Enjoy being outside because it makes you smile, but remember to stick to footpaths.
- Look and listen to wildlife at a distance and leave things where you find them.
- Make a wildlife garden and then observe all the creatures who come and visit.
- Don't leave the tap running for too long and switch lights off when you leave a room.

When you get back to school you could see if they have any of these books in your school library for more tips and ideas:

What A Waste - Jess French

Our Planet - Matt Whyman and WWF

Our Tree Named Steve - Alan Zweibel

The Curious Garden - Peter Brown

Miss Rumphius - Barbara Cooney

The Giving Tree - Shel Silverstein

Nature is wonderful for us to discover, learn and have new adventures, but let's remember to do our best.

"Take only pictures, leave only footprints and kill nothing but time"

— Baltimore Grotto



Be kind to nature

Want to try something fun at home whilst being kind to nature at the same time? Then why not try the Wildlife Trust's 30 day 'Get Wild' challenge this June. Here's an idea to get you started...

How to make a mini nature reserve

wildlife
watch



1 Choose your site

Choose a safe place to put your window box – somewhere like an old bench or wall at an easy height for inspection.

2 Gather your materials

- window box
- a small log
- yoghurt pot
- some compost
- a rock

3 Fill the box with compost

Always use peat-free compost and save our precious peat bogs.

4 Add a few features

Dig in the yoghurt pot and add the small log and rock.

5 Leave!

6 Keep a diary

Record the changes you see. Make notes using guidebooks and take a photo every week.

7 Management

Remove out of control plants or cut them back with scissors.

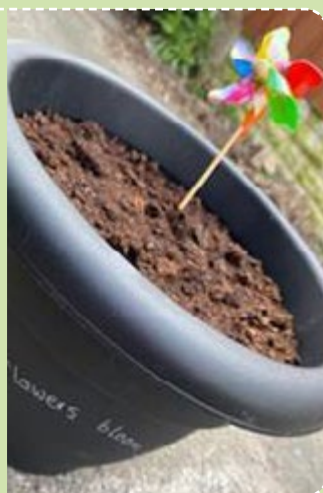


Illustration: Corinne Welch © Copyright Royal Society of Wildlife Trusts 2015

www.wildlifewatch.org.uk

with thanks to patrick roper for original idea (windowboxwildlife.blogspot.com)

Andrea and the staff team at Pinders Primary School have been busy doing lots of acts of kindness with the children there. They have made rainbows that have been sent to residents at local care homes. Not only this, but some of the staff and children have been given positive plant pots, compost and seeds so that they can plant and care for the beautiful new flowers that will begin to grow. These are lovely examples of growing and giving!



Did you know?

Trees naturally release oils that when we inhale they have a direct effect on our nervous system, reducing stress and improving our mood.

Being kind to yourself

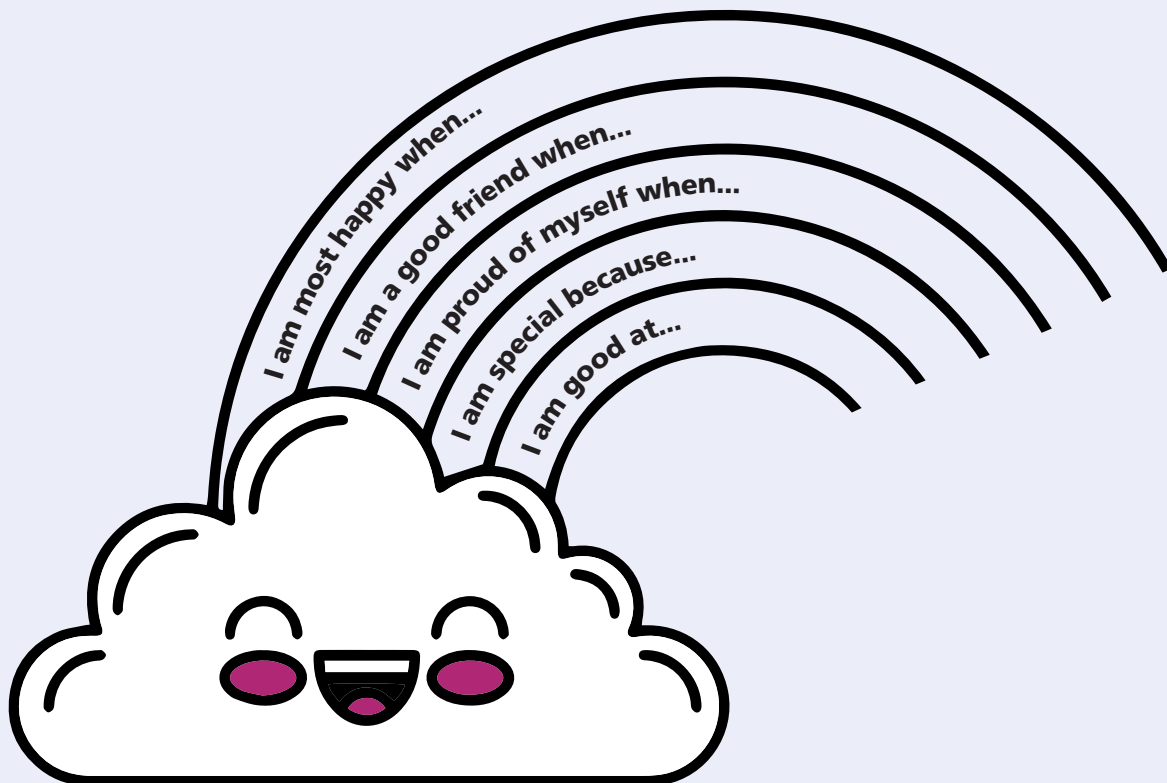


A really important part of looking after ourselves is self-kindness. You can show self-kindness by:

- **Paying yourself a compliment**
- **Thinking about what makes you a good person**
- **Patting yourself on the back when you have tried your best**

Sometimes it feels easiest to say nice things about other people, or do nice things to help others; but actually if you can practice these things for yourself, you will find it even easier to be kind to other people. It also means that you will feel happier and be able to manage difficult feelings, like sadness, anger or worries a little bit better.

Why don't you practice being kind to yourself now by completing your own rainbow. If you are struggling, have a look in the bucket full of positives on page 21, or you could ask a grown-up, family member or friend who knows you well to give you a hand.



Being kind to yourself



If you catch yourself saying or thinking unkind words like, *"I can't do this, I give up"*, or *"nobody likes me"*, it's really important that you think **stop!** then ask *"how can I be kind to myself?"*

Take a look at the bucket full of positives for some ideas. Can you think of any more?



Rainbows everywhere!



In recent months, rainbows have popped up in lots of people's windows. These rainbows are a great example of kindness and have shown messages of hope and thanks for our keyworkers.

Lots of you sent in some fantastic examples of your rainbow creations and these are some of our favourites.



Harry and Pippa made these rainbow hearts for their nanny and granny to let them know they were thinking of them. Your nanny and granny must have been so happy to receive these!

**Harry and Pippa,
Crofton Junior School**



Erica, St Giles Academy



Lauren, South Parade School



Neave, Southdale School

Winston and Rufus made some lovely rainbows for their mum's friend to take to the hospital where she works. Afterwards, they made some more for elderly people who might be feeling lonely- they wanted to make them happy. One of the ladies they made a rainbow for, was so happy that she sent them back a big handmade hug in an envelope. What a fantastic thing to do boys!

Winston and Rufus, The Rookeries School

Rainbow relaxation

Whilst we're thinking about rainbows, here is a relaxed breathing activity which is an excellent way of keeping yourself nice and calm. Why not give it a try, it only takes a couple of minutes and is something you can keep practicing as a way of showing self-kindness.

Make yourself nice and comfortable. That might be sitting on the floor with your legs crossed, laying on your bed with your eyes closed, or sitting on a chair with your hands on your knees.

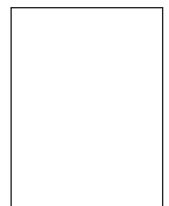
Practice breathing in through your nose and out through your mouth nice and slowly. When you have a steady pattern of breathing, start to straighten your back and look up when you breath in and then round your back and look down when you breath out.

Repeat this breathing pattern seven times, one for each colour of the rainbow. As you breath in, think about the lovely bright colours each taking their turn to fill your body from your head to your toes with energy and happy thoughts.

Send a postcard

The children at South Parade School have created and sent kindness postcards. There were some lovely letters and drawings on their postcards and we thought it was such a good idea we have added a blank postcard so you can create your own.

Dear



Share the love



Look at these lovely rocks that **Connor** from Crofton Junior School has painted. Anyone who finds these will be really happy I'm sure.

Why not try another new act of kindness by creating some masterpieces on rocks and leaving them in parts of the community for other people to find.

'Rocking' is a hobby for children and grown-ups that has quickly spread across the world. All you need to do is paint a picture or write a kind message onto a rock (could be one from your garden or one you have found). You can then write your name on the back or join a social media rocking group like 'Love on the Rocks UK' and hide your kindness rock somewhere. For more information and tips about what materials you need look here; yorkshiretots.com/kindness-rocks-yorkshire-painting-hiding-rocks

You never know, you might even find someone else's rock on your adventures, so keep the trail going and re-hide the rock.



Draw your own amazing picture here, and send your postcard to someone special.





Friendship recipe

You might have already started to think of times when you have acted in a kind way or when you have seen kindness. Some of these things are most likely to happen when you are spending time with your friends.

Friendships are really important to help us to grow, feel supported and feel happy. Of course we need to show kindness to be a good friend, but we need to learn lots of other skills too. Can you think of any skills that you already have that make you a good friend?

Your perfect friendship recipe might go something like this:

Ingredients

A dollop of love
A big handful of loyalty
1 jug of sharing
3 barrels of laughter
A big sprinkle of honesty
Lots of adventures

Method

Mix all of your ingredients together and there you have it, the first steps to a wonderful friendship.



Skittles kindness game

If you want to talk to your family, friends or grown-ups in school about your experiences of kindness and friendship, why not try this game?

You will need

A bag of Skittles
A little bit of time
A quiet space
An adult or older sibling to share ideas with

How to play

When it's your turn, pick a skittle out of the bag and depending on the colour you pick, answer the following questions.

- Red** How do you feel when you are kind to other people?
Orange What does kindness look like or sound like?
Yellow How could you show kindness to someone you don't know?
Green When was someone kind to you? How did it feel?
Purple Has someone ever been unkind to you? How did it feel?



Happy playlist

Remember we said that kindness is not only good for the people or things that we are helping, but it's good for your own wellbeing too. Our happy hormones are released when we practice acts of kindness. Did you know that music can help to make those feel good hormones start to work too? Why not spend some time with your grown-ups at home creating your own playlist with songs about happiness and kindness?



Here are some of our favourites:

A Cover Is Not The Book – Mary Poppins Returns

Everything Is Awesome – Lego Movie

Friend Like Me – Aladdin

This Is Me – Greatest Showman

From Now On – Greatest Showman

If Only You Would Listen – School Of Rock

I Can Go The Distance – Hercules

How Far I'll Go – Moana

The Next Right Thing – Frozen 2

Show Yourself – Frozen 2

Rainbow Connection – The Muppets

Revolting Children – Matilda

When I Grow Up – Matilda

Space Between – Descendants 2

You'll Be In My Heart – Tarzan

You've Got A Friend In Me – Toy Story

I Have Confidence – The Sound Of Music

Try A Little Kindness – Sesame Street With Tori Kelly

Kindness – The Juicebox Jukebox

Bring Me Sunshine – Morecambe And Wise

With A Little Help From My Friends – The Beatles

I Wanna Hold Your Hand – The Beatles

Just The Way You Are – Bruno Mars

Count On Me – Bruno Mars

Roar – Katy Perry

You're My Best Friend – Queen

Be Kind To Everyone – Rocking Dan Teaching Man

Some tips for the grown-ups

Here are a few simple ways to encourage your child to spread a little kindness today, tomorrow and beyond...

- Point out kindness whenever you see it: in the news, in a bedtime story, in your family, on the street... helping your child notice acts of kindness all around them will inform and inspire them.
- Involve your child if you're helping out a friend or a neighbour, doing kind things together can be really fun and they will learn from your example!
- When you notice your child being kind, comment on it. A little bit of kindness goes a long way.
- Be kind to yourself – something that's all too easy to forget. Being a parent or carer can be hard work, so don't be too tough on yourself.
- Show empathy and acknowledge the hard times that our children might be experiencing.
- Normalise some 'bad days' – children don't always realise that the feelings they are experiencing happen to other children and grown-ups too.
- And finally, support children with the activities in this book to help them learn more about what kindness means and to think about what a wonderful job they are already doing.



63% of adults in the UK say that when people are kind to them it has a positive impact on their mental health.

Mental Health Foundation, 2020



Our final words for this special edition of The Kindness Times come from Wiktoria who attends Horbury Academy. Here is Wiktoria's lovely poem:

Spread a little kindness,
Everywhere you go,
Let that little kindness,
From your heart, gently flow,
Reach out with kindness,
To all those in need,
Smile at others with kindness,
Spread the kindness seed.
Be Kind Today!



Drawing by **Amashi**
De Lacy Primary School



Picture by **Zak**
South Kirkby Academy

Thank you for reading this newspaper, we hope you enjoyed it. If you wanted to talk to somebody about kindness or different feelings then you could speak to an adult from school.