

Dear Parents/Carers and Children,

## Mental Health Awareness week is 18.24<sup>th</sup> May 2020

The theme is kindness.

Each day of this week, see if you can show an act of kindness towards someone at home and also to yourself.

I have attached a list with some suggestions of acts that you could do.

There are some other resources that you may find useful, including some mindfulness cards.

Mindfulness is a fantastic way to zone out and de-stress. There are many free mindfulness apps. Try the link below or go to you tube for kids and find your favourite one as there are some good ones there!

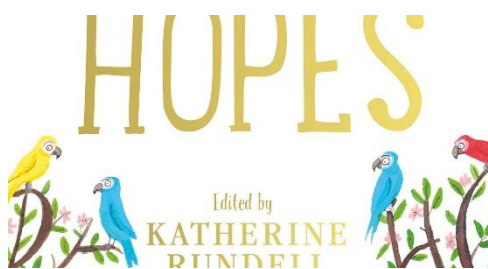
[www.newhorizonholisticcentre.co.uk](http://www.newhorizonholisticcentre.co.uk)

or

<https://www.popsugar.co.uk/parenting/sesame-street-monster-meditation-videos-for-kids-4>

Finally, something for the older pupils. Follow this link to the Book of Hopes. This book is recommended by the National Literacy Trust. It is dedicated to Doctors, Nurses, Carers, Porters, Cleaners and everyone who is working in our hospitals at the moment. They are the real superheroes in our lockdown story!

<https://literacytrust.org.uk/family-zone/9-12/book-hopes/>



### [The Book of Hopes | National Literacy Trust](https://literacytrust.org.uk/family-zone/9-12/book-hopes/)

Edited by Katherine Rundell, with contributions from more than 100 children's writers and illustrators. Completely free for all children and families, the extraordinary collection of short stories, poems, essays and pictures has contributions from more than 110 children's writers and illustrators, including Lauren Child, Anthony Horowitz, Greg James and Chris Smith, Michael Morpurgo, Liz ...

[literacytrust.org.uk](http://literacytrust.org.uk)

I hope that you find something here that you can enjoy and chill out with.

Most of all, be kind to yourself and your family.

Mrs. Jones