

Share Kindness for Positive Mental Health



Hi there, I'm Pax! Thank you for joining me to learn about positive mental health. One thing that is good for our mental health is being kind to others. It helps other people to feel good and makes us feel good too.

Being kind to others can mean that we:

- are friendly;
- look after other people;
- help people;
- ask people how they are.

I like to be kind to people around me. It makes the people that I am kind to feel happy and it makes me feel good too!



Talk to an adult about what you think is happening in each of these pictures. Tick the boxes of any pictures that you think show kindness.



There are lots of different ways we can show kindness to others. I like to:

- smile at others;
- ask if someone is OK when they are upset;
- talk politely to others and show them respect;
- share toys and games with others.



Tick all the ways that we could show kindness to others:



invite someone to play a game with us



look away when someone talks to us



speak in a way that shows respect to others



not share our toys



smile at our friends

**Can you think of a time when someone has shown kindness to you?
Write about it here.**

How did it make you feel?



happy



sad



excited



angry



confused



tired



worried



stressed



relaxed

**Can you think of a time when you have shown kindness to someone else?
Write about it here.**

How did it make you feel?



happy



sad



excited



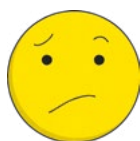
angry



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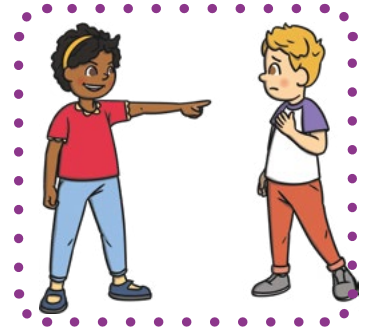
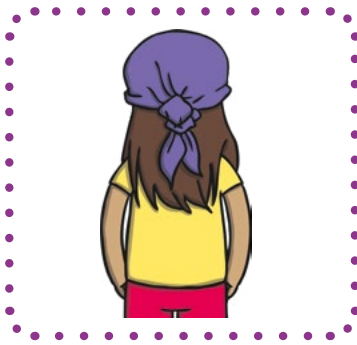
stressed



relaxed



Being kind to others helps people to feel good. Let's share kindness in any way we can. Look at these pictures and choose the ways you will show kindness to people around you today. Can you write some sentences to explain what you will do?



Goodbye for now! Stay happy and healthy, have fun and remember to be kind!