

Spread a little Kindness, Be Yourself and SHINE BRIGHT

Classroom or Assembly Tips - Secondary Schools

Background:

A video from CHUMS will be available by the end of January please view on our website within the SHINE BRIGHT campaign.

How kindness can help your overall wellbeing:

Being kind can:

- ❖ Reduces stress
- ❖ Help get rid of negative feelings
- ❖ Help us live longer

<https://www.mentalhealth.org.uk/publications/doing-good-does-you-good>

Famous quotes on Kindness:

- “Kind words can be short and easy to speak but their echoes are truly endless” - Mother Teresa
- “A little Kindness from person to person is better than a vast love for all human kind” - Richard Dehmel
- “How do we change the world? One random act of kindness at a time” - Morgan Freeman

Spread a Little Kindness – ideas to discuss:

Please see our downloadable activity sheets for some interactive ideas.

[Random acts of Kindness short YouTube video](#) (3:06 minutes) – how a Milton Keynes woman decided to be kind.

Have you ever been subject to a random act of kindness? How did it make you feel?

Over the next few weeks, try one small act of kindness a day.

Notice the impact on yourself, keep a note if you can (blog, social media, class room magazine). Do we need to be recognised and rewarded, or is being kind a reward in itself?

Being Ourselves:

[Danish TV station TV2 discovers how quickly we put people into boxes YouTube Video](#) (2:58 minutes)

How we are different – name something that we might not know about you.

Why is it important to accept and understand that people are different?

Is Social Media ‘being yourself’?

- How can we be kind online?
- How does being unkind online affect people?

- How does comparing ourselves with others online and in real life affect us?

Feelings:

We all have different feelings every day.

Small feelings – sadness, anger, happiness, worry.

How do you make small feelings that are bothering you go away?

- Writing it down
- Reading
- Doing something you enjoy
- Speaking to a friend or your family

Big feelings can be life changing – tummy hurts, constant anxiety, self-harm, cannot sleep, eat and cannot concentrate.

Sometimes it is difficult to know what to say and who to say it to.

Be kind, be yourself and be a good listener.

Where can you go for support?

- Friends and family
- Teachers – name some teachers that may be able to help
- See website
http://www.supportline.org.uk/problems/support_children_young_people.php for lots of useful numbers and websites

More information on kindness for schools:

- Create a student kindness committee to discuss ideas and focuses for the day/week
- Raise money for CHUMS – raise as much as possible on that day or week (you could choose children's mental health week from 5th February or any week throughout the year). Do an assembly about your activities and where the money raised is going, take part in our dress down day, sell cakes, host a breakfast morning or other fun things.
- Involve local businesses and fundraise for CHUMS with them
- **Enter our CHUMS competition – design a picture or write a poem with any of the themes: 'Spread a Little Kindness, Be Yourself and Shine Bright'** (closing date 30th March 2018) with prizes for each category
- Hold assemblies (this could be teachers or pupils) about the positive effects of kindness and being yourself
- Focus on acts of kindness within school and hold class discussions about kindness. Talk about acts of kindness the whole school can do together and good deeds individuals can do
- Volunteer in groups e.g. at a nursing home, soup kitchen, animal rescue centre etc
- Celebrate the everyday heroes/ kind figures in the local area or within school – this could be done through nominations and a whole school vote

- Create a Kindness Group – meetings to discuss ideas/do random acts of kindness in school or the local community
- Make a display – leave cards for pupils to write down kind deeds they have done or witnessed and pin onto the display. This could be created from an art competition or could be something contemporary such as graffiti
- Involve different areas of the school e.g. have a kindness zone in the Library displaying historical figures who demonstrated acts of kindness
- Include the subject of kindness in each class e.g. in English focus on literacy with a kind theme or poems or books with a kind storyline
- Write a school blog about kind acts that are carried out that day/week
- Create a compliment or 'thank you' board for students to express their positive feelings towards each other
- Create 'packages' with donated or homemade goodies for a local hospice, nursing home, homeless shelter or hospital
- Put posters up around the school with inspirational kind quotations on them
- Create a magazine or leaflet about everything you have done around the kindness and being yourself themes – you could send this out to parents too

Information taken from Places2be, Mental Health Foundation and Kindness UK.