



Be kind this May

Hosted by the Mental Health Foundation, this year the theme of Mental Health Awareness Week is kindness.

The Mental Health Foundation want to use the week to celebrate the thousands of acts of kindness that are so important to our mental health, and also to start a discussion about the kind of society we want to shape as we emerge from the coronavirus outbreak.

Our challenge is to try and show some kindness to someone at least every other day. To help, we've created a **Kindness Calendar** which is packed full of simple acts of kindness. You could use the blank squares to record ways you experience kindness yourself or record other acts of kindness you make (and it may give you ideas to pass on to others too!)

For more resources, visit sja.org.uk/mentalhealth

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Send a card or letter to someone. 	2	3 Put a neighbour's bin out and/or bring it in. 
4	5 Pick up litter from the street to create a cleaner environment for everyone. 	6	7 Thank staff in the shops for serving you, staffing the doors, cleaning the trolleys etc.	8	9 Call a colleague to ask how they are. 	10
11 Post a small gift to someone. 	12	13 Make breakfast for the people you live with, or cook a nice meal for yourself.	14	15 Give someone a compliment. 	16	17 Pass the time of day with everyone you see today. 
18	19 Offer to clean your neighbour's car or sweep their path. 	20	21 Write a letter of appreciation to someone. 	22	23 Let someone go in front of you in a queue. 	24
25 Encourage someone. 	26	27 Cook or bake for someone and leave it on their doorstep. 	28	29 Leave notes around the house to thank everyone you live with.	30	31 Do something kind for yourself! 