



Week 7 of  
Headstrong from  
home

Click here for the youtube link [https://youtu.be/Et6\\_9ADfBAI](https://youtu.be/Et6_9ADfBAI)



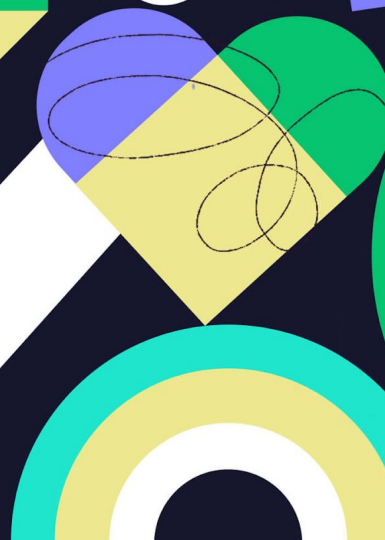
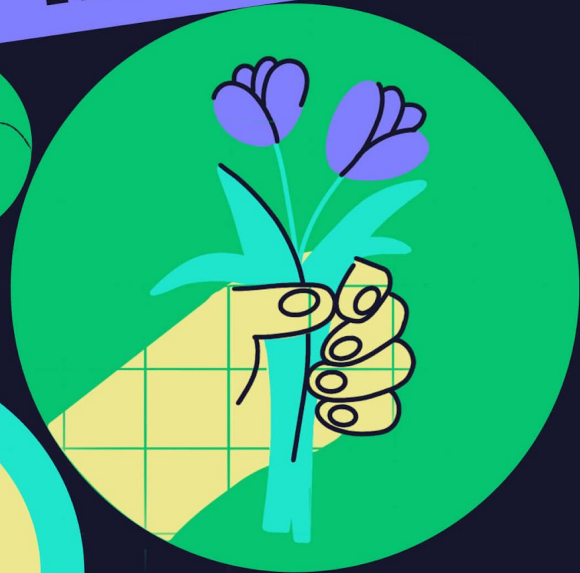
# MENTAL HEALTH AWARENESS WEEK



18-24 MAY

2020

**KINDNESS**



<https://youtu.be/Qcyc68d60Ak>



It doesn't have to take a lot,  
'cause even the smallest spark



**IT'S  
COOL  
TO BE  
KIND**

<https://youtu.be/knQ4yTldhdk>





“BEKIND  
WHEN  
EVER

*possible.*  
~ the DALAI LAMA

IT is  
ALWAYS  
POSSIBLE.”

TINA



<https://youtu.be/bIMQldipO5E>





# HEALTHY SCHOOLS CHALLENGE:

Your challenge this week is to try and do something kind for someone else.

Could you help make dinner, text a friend, send a letter to someone you haven't seen for a while, smile at people on your socially distanced walks, paint some rocks for either friends or to hide around to bring a smile to people.

There are so many more ideas you could try, so be creative!



If you want to find out more, check out the link below...

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

<https://youtu.be/HY74fkcvx54>

