SCSJ

Mental Health Awareness Week

This week (18-24 May 2020) is Mental Health Awareness Week and this year’s theme is kindness.

In our MindUP sessions at school we have thought about how acts of kindness create positive feelings for both the giver and the receiver of those acts. A chemical called dopamine is released in the brain when you do an act of kindness and this makes you feel good. Below is an example MindUP lesson to remind you:

<https://mindup.org/mindup-lesson-14-performing-acts-kindness/>

Place2be have launched a virtual Kindness Cups to celebrate the incredible acts of kindness taking place across school communities. Follow the Place2be link below and scroll down to download your Kindness Cup toolkit so you can design your own cup or edit a certificate to award to someone whose kindness has made you feel good. Send in your designs and ideas for us to share and celebrate on the school Instagram page this week.

<https://www.place2be.org.uk/about-us/news-and-blogs/2020/may/award-a-kindness-cup-for-mental-health-awareness-week/>

