



Give for mental wellbeing

St Bede's school community holds the importance of giving to others very highly. Small acts of kindness towards other people give us a purpose and make everyone involved feel good.










Embrace your creative side and make an 'Acts of Kindness' fortune teller. This allows you the opportunity to make a choice on which kind of activity you would like to complete. Alternatively, you could make the fortune teller with someone in your household, giving them the choice of activities for you. You will find a template complete with instructions on the next page.



The finished product should look similar to this!



Acts of Kindness Fortune Teller

 1	 Tell a joke! Making someone laugh is the simplest kindness!	2	
8	<p>Leave a kind note around the house for a family member to find</p>	 Kindness is... Finish this sentence:	3
 Pick up 5 things Clean your room. Recycle if you	Hold the Door! And offer a cheery hello/goodbye to the next person you meet.	4	 Compliment the next 3 people you see!
 List 3 things you are grateful for today!	 Talk about it! If you ran the world, what would you make sure every person had?	5	 
7		9	

1. Print and cut around the outside of fortune teller.
2. Fold in half. Then fold in half again
3. Unfold it. Then flip it so the top is blank.
4. Fold each corner into the middle. Flip it over and repeat.
5. Turn over so you can see the Big-Hearted Families hearts.
6. Turn over and repeat with the thumb and finger of the other hand for the other two pictures
7. Slide your thumb and your finger behind 2 of the pictures and press together so they bend round and touch
8. All the hearts should now be at the front with centers touching. You're ready to play!

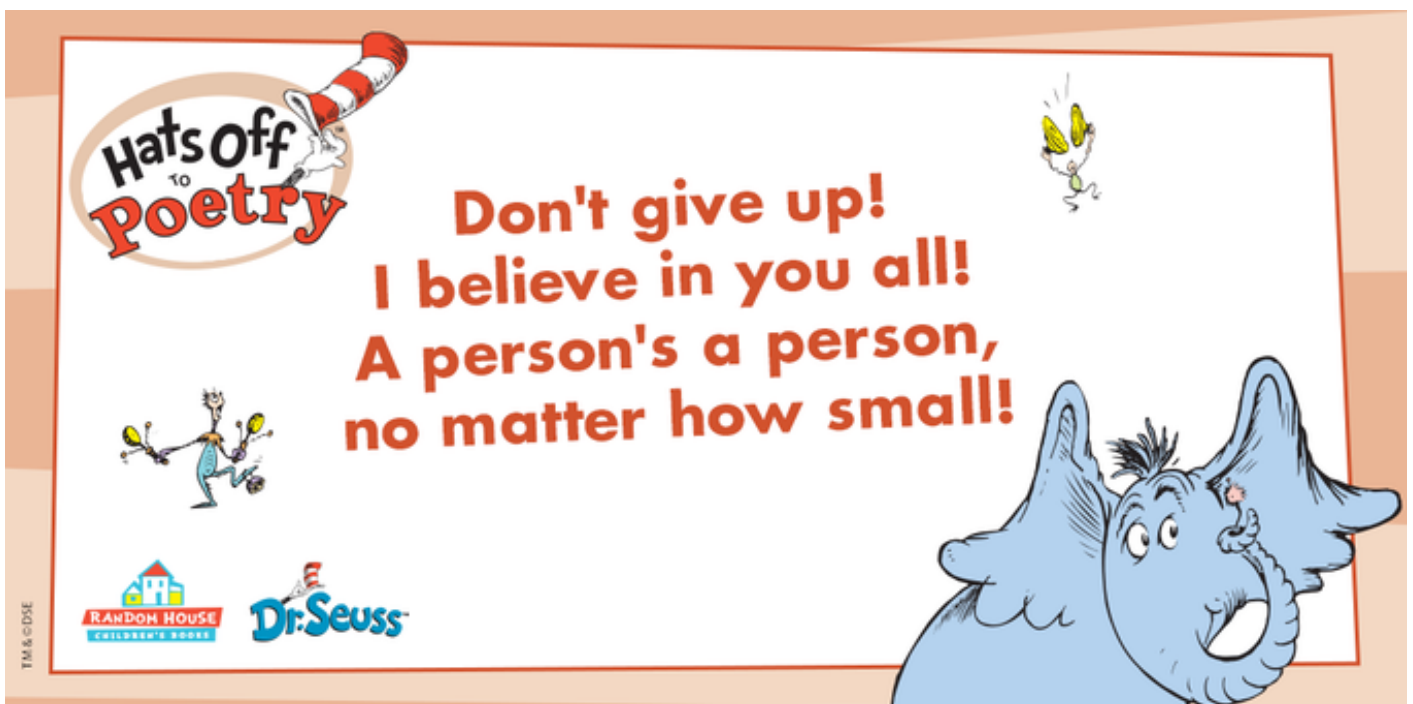
For more **simple** tools to grow **BIG** hearts, visit DoingGoodTogether.org/BigHeartedFamilies.

Have you ever thought about writing a poem for someone you live with or for someone you can't see right now because of social distancing? Writing a poem for someone can be a great way to make them feel loved and appreciated.

Note: Please remember social distancing guidelines and either give to someone in your household or leave on the doorstep for a relative or friend.

Poetry can help in improve English, writing skills, creativity, self-expression and in the development of natural rhythms. Poems can be silly or serious, they can have patterns and can rhyme and they are a great way of letting someone know how you feel. Click on the link [Introduction to poetry](#) to learn a little more.

If you're a fan of Dr. Seuss then there's a little inspiration below to help get you started.



Small acts of kindness towards other people give us a purpose and make everyone involved feel good. Joining together and supporting one another as a community is even more important at this present moment in time.

To put this into practice why not communicate with a classmate and ask how they are. There are many ways you can do this, such as a phone call, facetime call or skype. This would be good as it's nice to hear a familiar voice, but if this is not possible, a text or email would be just as nice and equally appreciated.

Try the activity below to help you think about other ways of giving.

Fill out this worksheet

a) Can you think of a time when someone was kind to you recently? Who was it and what did they do?

b) List 3 ways in which you can give to others.

1. I could be kind to.....

By.....
.....

2. I could be kind to.....

By.....
.....

3. I could be kind to.....

By.....
.....

Here are some ways in which I could help others