

Its Mental Health Awareness Week from 18-24th May 2020. The theme is 'kindness'. So make the time to be kind to others and be kind to yourself!

 YouTube **WATCH**

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



RANDOM ACTS OF KINDNESS

Free Bingo Card

ACTS OF KINDNESS

LEARNINCOLOR.COM

Leave someone a kind note	Give a compliment	Hold the door open for someone	Do a chore for a sibling	Create care packages
BRING DINNER TO SOMEONE	Donate old books	smile	Support a small business	Leave a snack and note for the mailman
Tell a family member how much you love them	Weed/rake leaves/shovel snow for a neighbor	FREE SPACE	PICK UP LITTER	Give a hug
LET SOMEONE GO AHEAD OF YOU	VOLUNTEER	Leave change at a vending machine	do a chore WITHOUT BEING ASKED	Bake cookies for firefighters or police
Give a friend or the new kid a snack	ASK OTHERS TO PAY IT FORWARD	WRITE A THANK YOU LETTER	Visit a nursing home	Donate to a food bank

learn in color

Throw KINDNESS Around Like Confetti

Random acts of kindness are a great way to show love in your family and in your community. Try some of these random acts of kindness and add your own.

- Leave happy notes around town
- Make a thank you sign for sanitation workers
- Set the table for dinner
- Leave a letter in a library book
- Teach someone something new
- Give a candy bar to the bus driver
- Deliver flowers to a neighbor for no reason
- Make someone else's bed
- Take care of someone's pet while they are away
- Write a short poem and leave it on their pillow
- Do a chore for someone without them knowing
- Let someone go in front of you in line
- _____
- _____
- _____



100 RANDOM ACTS OF KINDNESS

naturalbeachliving.com

1. Leave money on vending machine for someone
2. Bake cookies for the elderly
3. Serve at a homeless shelter
4. Do a 5k for a good cause
5. Help at a veterinarian office
6. Pick up litter on the beach
7. Let someone go in front of you in line
8. Give a stranger a compliment
9. Make Dinner for a family in need
10. Insert coins into someone's parking meter
11. By flowers to hand out on the street
12. Leave letters of encouragement on people's cars
13. Buy a movie ticket for the person behind you
14. Pay for someone's meal at a restaurant
15. Write letters to soldiers
16. Donate your Christmas gifts to an orphanage
17. Participate in a fundraiser
18. Use your allowance to donate to a charity
19. Hold open the doors for people
20. Thank a teacher with a gift
21. Donate your old clothes to the Salvation Army
22. Help an elderly person with their groceries
23. Shovel a neighbor's driveway when it snows
24. Walk a neighbor's dog
25. Babysit for free
26. Plant a tree
27. Do a favor without asking for anything in return
28. Take someone new in your neighborhood on a tour of the city
29. Show the new kids around your school
30. Buy ice cream for a child
31. Learn to say hello in different languages to different people
32. Prepare a meal for your family
33. Pay for a stranger's library fees
34. Send valentine's day cards to everyone in your class
35. Spend a day at a homeless shelter
36. Give drinks out to people on a hot day
37. Send a letter to a good friend instead of a text
38. Bring in donuts for your coworkers
39. Help a child or older person cross the street
40. Water a neighbor's lawn/flowers
41. Snap a photo for a couple
42. Give someone a gift card that you don't intend to use
43. Wash someone's car
44. Read to kids at the library for story time
45. Plan a surprise birthday party for someone
46. Perform a concert at a retirement home
47. Help do chores at a farm/harvest ranch
48. Save your pop tabs for a children's hospital
49. Leave your waiter a generous tip
50. Start mentoring a younger child
51. Spend time with your grandparents
52. Make a family member breakfast in bed
53. Hold the elevator for someone
54. Pay for someone's dry cleaning
55. Pack someone a lunch for the day
56. Write a kind or encouraging message on a napkin
57. Do a sibling's chores without them asking
58. Offer to take a shopper's cart to the line outside
59. Help someone who has a flat tire
60. Let someone else pick what to watch on TV
61. Send care packages to soldiers overseas
62. Rake the leaves for your neighbors
63. Mow the lawn for your neighbors
64. Take the day to not complain
65. Write a list of things that you adore about a friend
66. Pay for someone's morning coffee
67. Participate in Pack-A-Backpack for a child
68. Spread some encouragement online
69. Share Bible verses/quotes to the company billboard
70. Give up your seat on the bus to another person
71. Pay for someone's bus/cab fare
72. Offer someone your pen
73. Lend a friend a favorite book/movie
74. Recommend someone your favorite book/movie
75. Take your younger siblings out to play in the rain
76. Make hot chocolate for your family on a cold day
77. Take the time to appreciate the sunrise and sunset
78. Write someone an encouraging poem
79. Send coloring books to sick kids in the hospital
80. Celebrate your own best friend appreciation day
81. Help tutor a struggling student
82. Pay for another student's lunch
83. Offer to give a friend a ride home
84. Take the time to listen to someone
85. Recycle things that you see in the road
86. Help sick animals find homes
87. Make someone a homemade blanket or scarf
88. Feed the birds in the park
89. Leave some change on a wishing fountain
90. Help out the janitors at school
91. Send the hair you cuts to a donation center
92. Give your umbrella to a stranger
93. Volunteer to work some overtime at your job
94. Ride your bike or walk to work
95. Offer compliments to strangers and friends and family
96. Buy your waiter/waitress dessert
97. Wash a neighbor's dog for free
98. Buy groceries for the person behind you
99. Reconnect with old friends
100. Hide money in random places for strangers to find
101. Be kind to yourself!

Watch!

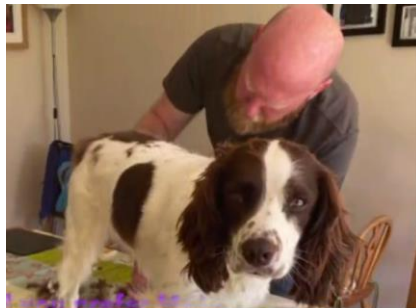
<http://westonfavell.ng3.devwebsite.co.uk/page/?title=Assemblies+and+Life+Lessons&pid=119>

Assemblies and Life Lessons

Enjoy our 'Lockdown Showdown'



WESTON FAVELL ACADEMY



STUDENTS OF WFA!

You have seen what your teachers have been up to during lockdown now its your turn!

SEND VIDEOS OF SKILLS YOU HAVE MASTERED TO

eobrien@westonfavellacademy.org

We want to see what you have been up too. Maybe it could be something that helps your well-being that you can share with others?

Remember Heather our yoga instructor, has made 3 WFA special videos you can use whenever you and your family need them...



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Box Breathing - WFA Part 3

44 views • 6 days ago



Slow and Positive Flow
WFA Part 2

107 views • 2 weeks ago



Teen - Get Up and Go Flow
WFA Part 1

113 views • 2 weeks ago



WFA- PART 1-

Heather from Karma Kids yoga is part of the WFA community. She has made a WFA yoga energy flow video just for us to help us stay well mentally and physically.

Maybe you could do this video with a family member who would enjoy it?

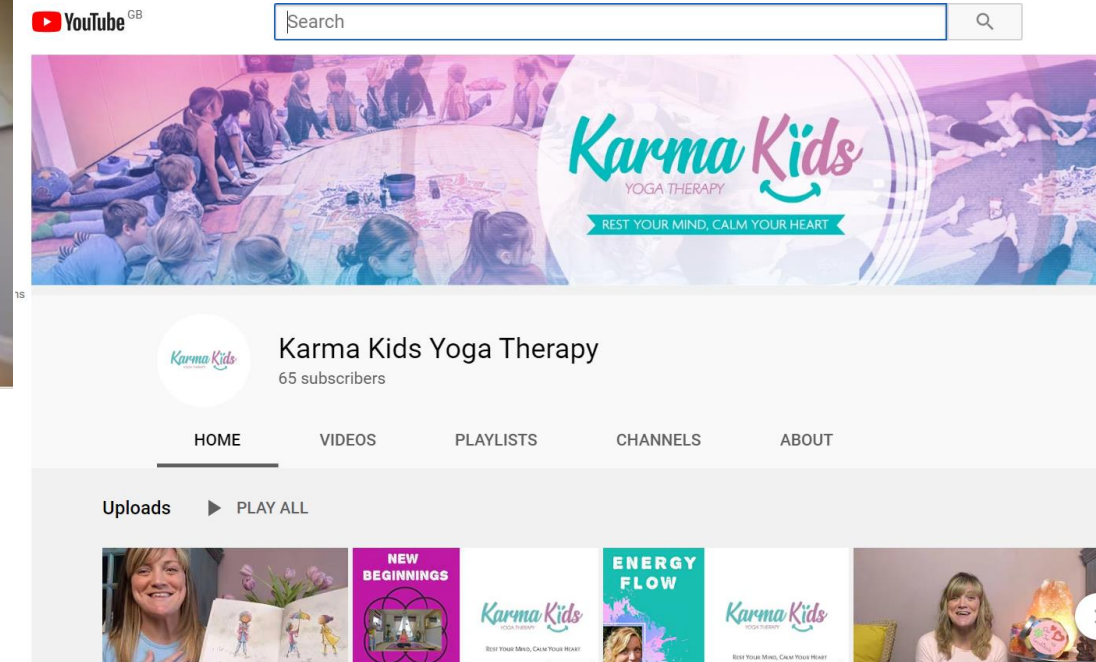


<https://www.youtube.com/channel/UC1pUSVqFCsixIKSPI-NFrmg>



SEARCH...

Karma Kids Yoga Therapy




be added to the school twitter and website- see next slide for instructions!

WFA Part 2 ☯️ □ Slow and Positive Flow ☯️ □ ...



 YouTube **WATCH** <https://www.youtube.com/watch?v=--yMYq2MdQM>



youtube.com/watch?v=--yMYq2MdQM

Apps WFA Bookmarks Mail - E Walker - O...

YouTube GB karma kids yoga therapy

Up next AUTOPLAY

- ENERGY FLOW**
Karma Kids Yoga Therapy
151 views • 1 month ago
32:09
- Hip-opening yoga stretches**
Living Better
Recommended for you
15:03
- The Giving Tree**
Karma Kids Yoga Therapy
82 views • 1 month ago
15:14
- Unstoppable Me**
Karma Kids Yoga Therapy
59 views • 1 month ago
14:54

#yinyoga #postiveaffirmations #kkyt
Slow and Positive Flow WFA Part 2
26 views • May 1, 2020

Heather says... 'This video is good for the whole family, helping to bring calm and balance and improving well-being.'



WATCH

<https://www.youtube.com/channel/UC1pUSVqFCsixIKSPI-NFrmg>



WFA PART 3- Karma Kids video is box breathing. A breathing technique used by athletes to stay calm and focused. GIVE IT A TRY!

REMEMBER THE 3 WFA VIDEOS WERE MADE ESPECIALLY FOR US TO USE! SO WHENEVER YOU ARE FELLING STRESSED, ANXIOUS, RESTLESS, CONFUSED, ANGRY OR HOWEVER YOU FEEL, THESE VIDEO WILL HELP YOU RECENTRE AND REFOCUS!

youtube.com/watch?v=t6_yGv8Llj0

Apps WFA Bookmarks Mail - E Walker - O...

YouTube GB

karma kids yoga



#boreashealing #boxbreath #kkyt
Box Breathing - WFA Part 3

1 view • May 12, 2020

0 0 SHARE SAVE ...

Helpful links! WFA is here for you...

no matter what happens,



I'll always be here for you.

Check out our website www.westonfavellacademy.org for helpful information for you and your family....

to develop opportunities for such activities and extend the range of residential trips i.e.

- GCSEPod
- Healthy body, healthy mind - COVID STYLE!
- Library resources
- Show My Homework
- Staying Safe
- Student Voice
- Timings of the Day
- Trips and Events
- Wellbeing and Support



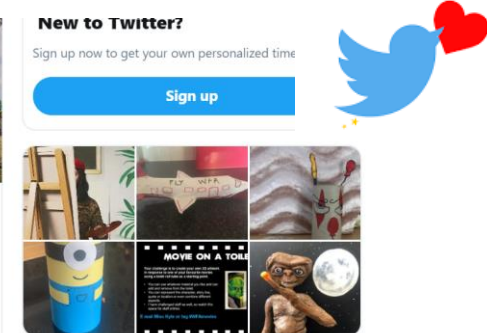
And follow us on twitter...

<https://twitter.com/WestonFavellGAT>



Weston Favell Academy
@WestonFavellGAT

Weston Favell Academy caters for pupils aged 11-18. The Principal is Lorna Leventhal. Part of Greenwood Academies Trust.



Where to find support

Online:

www.asknormen.co.uk - a website with lots of mental health advice and information for young people in Northamptonshire. It's designed for everyone with an interest in the emotional wellbeing and mental health of children and young people in Northamptonshire with sections for young people, professionals and parents too.

www.youngminds.org.uk - website of Young Minds, the UK's only national charity committed to improving the mental health and emotional well-being of all children and young people

Text:

Chat Health: For friendly, helpful advice. Text your school nurse 07507 329600

Youth Counselling Services:

Service Six - 15 Sassoon Mews, Wellingborough
Tel: 01933 277520 / 01933 273746
www.servicesix.co.uk

The Lowdown - 3 Kingswell Street, Northampton
Tel: 01604 634385 www.thelowdown.info

Time2Talk - The Abbey, Market Square, Daventry
Tel: 01327 706706 Text: 07765 210869
www.time2talk.org.uk

CHAT Youth Counselling - The Courthouse, Mill Road, Oundle
Tel: 01832 274422 www.chatyouthcounselling.org.uk

Youth Works
(covering Kettering & Corby)
Keystone Centre, 97 Rockingham Road, Kettering, NN16 9HX
Tel: 01536 518339 www.youthworksnorthamptonshire.org.uk

To find out about other services that help to support children, young people and families in Northamptonshire contact the Families Information Service:
Tel: 01604 237935 E-mail: fis@northamptonshire.gov.uk



Service Six
Changing Lives • Creating Futures

If you worried about anything or need to talk to someone, please contact us on

Helpline (Phone or Text) Monday to Friday 9am – 5pm: 07718 003219
Email: referrals@servicesix.co.uk
Facebook: Service Six @servicesix123 or @ClaudiaSSix
Twitter: @ServiceSix1
Instagram: @servicesix
LinkedIn: Service Six



Everything will be better soon, just keep believing!



You can also talk to staff on teams or school email...



IT'S OKAY TO TALK



PAPYRUS
PREVENTION OF YOUNG SUICIDE

Samaritans UK
Tel: 116 123
samaritans.org
email jo@samaritans.org
Samaritans is available round the clock, every single day of the year. We provide a safe place for anyone struggling to cope

Papyrus
HOPELINEUK - 0800 068 4141
papyrus-uk.org
Worried about someone? Support for anyone under 35 experiencing thoughts of suicide, or anyone concerned that a young person may be experiencing thoughts of suicide.

Kooth.com
Kooth.com is an online counselling service that provides vulnerable young people, between the ages of 11 and 25, with advice and support for emotional or mental health problems

YoungMinds Helpline:
0808 802 5544
Parents information service
youngminds.org.uk

SHOUT
Text Shout to 85258
giveusashout.org
Shout is the UK's first free 24/7 text service for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

Mind
MindInfoline:
0300 123 3393
The MindInfoLine offers thousands of callers confidential help on a range of mental health issues
mind.org.uk



CALM
0800 58 58 58
thecalmzone.net
The Campaign Against Living Miserably (CALM) works to prevent male suicide and offers support services for any man who is struggling or in crisis.