Bucks Mind Session Plan

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| Programme Title:  Choose Kindness | **Originator**: DG  **Age: Primary**  (\*activities can be adapted) |
| **Aims:**  Recognise and celebrate Mental Health Awareness week **(18th-24th May 2020)**  Explore this year’s theme of **KINDNESS** andbeing kind to ourselves and others  **Objectives:**   * Learn about the purpose of Mental Health Awareness Week and why Kindness was chosen as the theme for 2020 * Think about all the ways people are currently showing kindness in our school, our communities and across our country * Identify how we are/could be kind to ourselves * Explore ways of being kind to others | |

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| **TOPIC** | **LEARNER ACTIVITY &**  **DIFFERENTIATION ACTIVITY** | **MATERIALS REQUIRED** |
| **Introduction** | **Play video** to watch an introduction from the Bucks Mind Children and Young People’s (CYP) Team – Alice, Kat, Grace and Delphine  **What is Mental Health Awareness Week?**  **What is the theme for MHA Week 2020?**  **Why is Kindness good for our physical and mental wellbeing?** | Video |
| **Starter activities** | **Younger children:** How fast can you sing and perform the moves to Heads, Shoulders, Knees and Toes?  **Older children:**  **5 Second Rule** – You have 5 seconds to name 3 of the following:  Name 3 Christmas decorations  Name 3 vegetables  Name 3 kinds of shoe  Name 3 ways to travel  Name 3 countries in Europe |  |
| **Why Kindness was chosen as the theme for 2020** | **Play video** to hear the Mental Health Foundation’s story behind why Kindness became this year’s theme for Mental Health Awareness Week | Video |
| **Celebrating Kindness** | Let’s shine a light on the many ways in which kindness is being shown at this time: Discuss or mind map how this is occurring in your >   1. **school community b) local community c) at home d) across the country**   **Play video** to hear how the CYP team have experienced Kindness over the past few weeks | Scrap paper  Pens  Video |
| **Being Kind to Yourself** | It’s important to evaluate the relationship we have with ourselves.  In the stars on your worksheet, write down all the ways you already show kindness to yourself (e.g. drinking lots of water, daily exercise…)  In the hearts, write down new ideas for being kind to yourself that you could aim to try over the next few weeks (e.g. getting more sleep, using kinder words with myself…)  ***Q. How does it feel when you are kind to yourself?***  ***Q. Do you think you treat yourself the same way you treat other people?***  **Play video** to see an example from a member of the CYP Team | Being Kind to Yourself worksheets  (1x stars/1x hearts)  ***Please note:*** These worksheets are optional – you are free to use your own paper and draw your own shapes if you wish 😊 |
| **Being Kind to Others** | **Play video**  **Making a Kindness Jar -** A kindness jar is one way we can teach children about the benefits of being kind. An activity like this can help children understand that being kind is not only beneficial to others, but to themselves, as well.  **You can fill your Kindness Jars with different Acts of Kindness**  This could include kindness shown to you, kindness you have shown to others or kindness towards yourself 😊  ***Q. What does it feel like when you show kindness to others?***  ***Q. How do you think it makes others feel when you do something nice for them?*** | Video  A clean and empty jar or container  Paper/Pens  Decorations such as glitter or stickers  (*optional)* |
| **Being Kind to Others** | **Play video** – CYP team members share their Kindness Jars and sus how they have filled them | Video |
| **Some suggested further ideas** | **Play video to the right >** to hear BE KIND by Pat Zietlow Miller and Jen Hill –  Children's Books Read Aloud by PV Storytime  <https://www.mentalhealth.org.uk/> - Mental Health Foundation  <https://www.actionforhappiness.org/> - Action for Happiness  <https://e2epublishing.info/jay> - Educate to Empower (books and resources to empower children and keep them safe) |  |
| **Conclusion** | **Play video –** Thank you and goodbye from the CYP Team& Kat’s dog Otis | Video |