



Mental Health in Schools Team (MHST)

Tips For Wellness:

SYMPATHY

Sympathy is the way we show we care and are thinking about people who have experienced loss or are going through a difficult time.

An example of showing sympathy could be feeling sadness for someone we are close to who has experienced loss and sending them a card to let them know we are thinking of them.

Our tips for being more sympathetic:

- 1- Spend some time thinking about the people in your life and how they might be feeling.
- 2- This week, write a card, draw a picture, or make something for a friend or family member that is going through a difficult time, e.g., loss of a loved one/pet, or struggling with their mental health.
- 3- Do something kind for a friend or family member to show them that you care and are thinking about them, e.g., give them a hug, make them their favourite drink, or spend time doing their favourite activity with them.
- 4- Help children to recognise when they might need to show sympathy, by creating a brainstorm of how they might behave, think, and feel when they are going through a difficult time.

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate!

thankskids@covwarkpt.nhs.uk

MHST are available to support you and your school throughout the school year including term time and school holidays. Please contact your school's Mental Health Lead for information and advice.