RISE MHST

Mental Health in Schools Team (MHST)

Tips For Wellness:

THOUGHTFUL

Being thoughtful is when you think about how your actions and words will affect other people's feelings. Taking the time to make ourselves aware of the needs and feelings of others is great for our mental health, as it helps reduce stress, improve friendships and creates a sense of belonging.
Being thoughtful about ourselves can also improve self-awareness and help boost self-esteem.

Our tips for being thoughtful:

1- Small acts of kindness, e.g., smiling at someone, giving a hug to a loved one, holding the door open, giving a compliment to a friend, telling someone that they are important.

2- Classroom activity:
-Each student should have a piece of paper and fold it in half.
-On the left side, students should write the names of 5 people in the class they admire.
-On the right side, students should write down the quality they admire most about each person (making sure each quality is different!)
-Tear off the left half of the paper (with names on) and keep the right half.
-Students should read out their list of qualities. Discuss that they also have these qualities as they were able to recognise them in others!
-Ask students to read out their list of qualities again, starting the sentence with “I am...”

3- Create a thoughtful box in the classroom for students to write down compliments and kind messages about their peers. The thoughtful messages can be shared at the end of the week!

#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.