

Dear Parents/Carers

PSHE Activity Programme

During these unsettled times the mental health and wellbeing of our students as well as you, their family, is very important. Over the course of this next term rather than setting PSHE tasks for your children to complete on their own we have developed a programme for you to use as a family. Each week will have a different focus and we will use resources from different organisations who are working hard to support the mental health and wellbeing of us all.

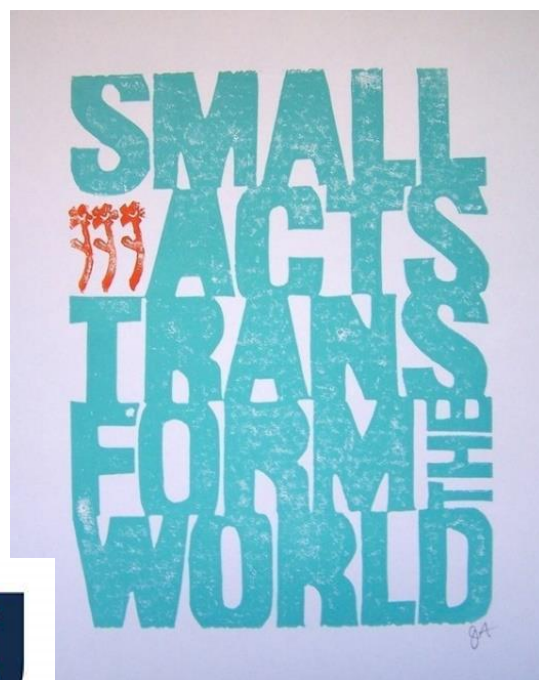
The challenges can be done in your own time to fit in with your schedule as a family over each week.

WEEK ONE

The Power Of Kindness

Small acts of kindness can make a difference. There has certainly been an outpouring of kindness across the country and young people can play their role too.

I have attached an 'Acts of Kindness Calendar' for you to complete as a family. Talk about acts that would benefit you all within your home. You could use the challenges on the next page to get you talking. Use the attached calendar to write down your individual or family 'acts of kindness'. From helping each other with the washing up, hanging out the washing or helping an elderly neighbour by offering to put their bins out. Your acts of kindness are up to you as a family.



Power Of Kindness **Challenges**

Challenge One - What does kindness mean?

Think about the role kindness can play in a crisis. Write down or discuss some answers to the following questions:

- What does kindness mean and how does it make you feel?
 - Is it important to be kind to others and why?
- What personal qualities do you have that might enable you to be kind to others?
- What might stop someone from being kind in a crisis? How might they overcome this?

Challenge Two – 5 Acts Of Kindness

Think of five kind acts you can do over the next few weeks. Perhaps you could teach a relative a new skill, cook a meal for the family or help with some jobs around the house.

Remember by staying at home as much as possible you are all helping save lives - this could be one of your kind acts. Washing hands for 20 seconds with soap and water and maintaining a safe distance from others when you go outside are all acts of kindness too.

Challenge Three – Gratitude

It can be beneficial to express gratitude during times of uncertainty. Make a note of three things you are grateful for; it could be the ability to learn remotely or being able to use technology to keep in touch with friends. You could also consider how others might feel in different circumstances or locations around the world.

Challenge Four – Looking To The Future

Discuss hopes for a kind future. This situation is temporary, but kindness and kind acts are always needed. When this crisis is over how might we continue to be kind to each other? Think about what kind acts you and your friends could do together in the future. You could express your thoughts in a poster or poem.

Challenge Five – Discovering Kindness

Take some time to focus on positive news stories. You could collect all the stories about acts of kindness you have heard recently, such as musicians holding concerts on social media or balconies, people offering to do each other's shopping, or the way communities are coming together to support each other and appreciate health workers during this period. You could make a presentation, video or podcast and present your own 'kindness news' programme sharing all the positive news they can find.

The Oldfield Power Of Kindness Calendar



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES
