



A simple act of kindness can really brighten somebody's day and cheer them up. Research has also found that being kind to others can have a huge positive impact on your own mental health.

Most people find it easier to say reassuring and kind things to other people however, find it harder to say kind things to themselves. Being kind to yourself, or self-care, isn't selfish, it can be vital to maintaining your mental health and wellbeing.

Below are a couple of activities to help you think about different acts of kindness and most importantly how you can be kind to yourself.

## 6 acts of kindness

-  **Forgive someone for a mistake**
-  **Hold the door open for others**
-  **Help someone having a tough day**
-  **Invite someone to join you**
-  **Do an extra chore**
-  **Spend time with a friend**

### Activity 1

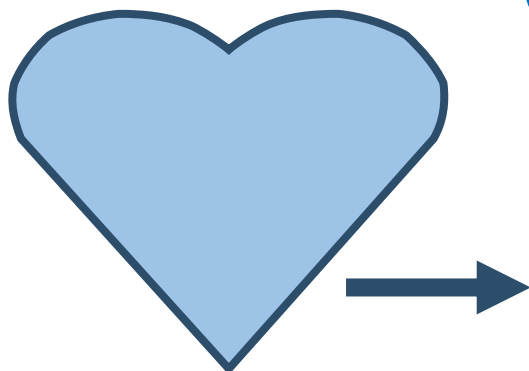
How can you be kind to yourself? Write your ideas inside each leaf.



### Activity 2

Think of a time when someone has been kind to you or a time when you have shown kindness to a friend, loved one or even a stranger.

Make a note of it in the blue heart.



in a world where you can be anything.....

**Be Kind**

**To yourself**