

## Year 5 Children's Mental Health & Wellbeing Week Homework

Think about what kindness is...

Focus on all acts of kindness, but especially those small acts that can make a very real difference to people's lives and impact positively on ourselves, each other, our school, our communities and the wider world.

Your task is to create 3 'acts of kindness' cards which you will bring in to school and try to use throughout the week. You can also use these at home. I have included a few examples below but please feel free to think of your own ways to show kindness.



When you have completed the kindness cards, bring them into class for us to create our own 'kindness pack'.