

Mental Health Awareness Week 18th – 24th May 2020



Introduction for schools

City of Wolverhampton Council invites all schools in Wolverhampton to celebrate the acts of kindness, that are so important for the wellbeing of pupils, families and staff, during this year's national Mental Health Awareness Week, which begins on Monday 18th May 2020.

The theme of this year's Mental Health Foundation campaign is kindness and seeks to highlight the positive impact that acts of kindness, both large and small, can have on people's mental health and wellbeing – particularly during the restrictions that have been in place as a result of coronavirus.

We encourage all schools to participate through promoting kindness using some of the suggestions and online resources outlined below and sharing these with pupils who attending school and with families who are not able to attend school at the moment.

This is HeadStart's fourth year of running Mental Health Awareness Week and this year we are working in conjunction with the local Stay Safe Be Kind campaign. Further information about the national Mental Health Awareness Week campaign can be found at

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

The local campaign is supported by Wolverhampton Children and Family Together Board and Wolverhampton Health and Wellbeing Together.

Suggestions for schools to promote kindness

The Wolverhampton Headstart team make the following suggestions for schools to use within class and to share with families at home, to help promote kindness during Mental Health Awareness Week:

Take part in 10 random acts of kindness at home around theme of kindness:

- Smile.
- Give an honest compliment.
- Thank someone who you appreciate.
- Be a good listener.
- Offer your help to someone make the dinner or clean the house.
- Ask the people who are living with you how their day is going.
- Treat someone to a coffee, tea or a nice drink.
- Make a card to say “thank you” to someone who has been kind to you
- Phone one of your friends or relatives to see how they are
- Read a story or play a game with somebody in your home

