



RISE



MHST

Mental Health in Schools Team (MHST)

Tips For Wellness:

Thoughtful

Being thoughtful means to think carefully about our needs and the needs of other people. It's especially important for us to be thoughtful now as we get back to our lives outside of the pandemic. Being thoughtful can be very positive for you and those around you. It can spread happiness and help encourage positive thinking.

Try one, or both, of the below activities throughout this week:

1. It can get busy in school. Have you taken a moment to think about yourself and others? Try this link for some thoughtful activities and a random acts of kindness calendar - www.randomactsofkindness.org
2. Try to reflect on as many times as you can when people have been 'thoughtful' towards you over the past week. There will have been more times than you think! How did it make you feel? Is there a way you could be thoughtful towards these people over this next week?

Key dates this week:
National Pet Month
7th World Health Day
10th National Siblings Day

#ThanksKids recognises the super efforts and kindness of young people and thanks them via personalised #NHSSStars certificates and pin badges. Please spread this message amongst your school community, all you need to do is let us know by nominating the young person using this email

address:

cwp-tr.thankskids@nhs.net and we'll do the rest!!

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.