



## Be Kind

### Promoting kindness

We can help our children to show empathy and be willing to stand up for what is right. Teach and model to our children the importance of thinking before we speak. Is what we are saying...?

**True**

**Helpful**

**Inspiring**

**Necessary**

**Kind**

### Random Acts of Kindness Week 13 – 19th

**February** Think about what random acts of kindness could be used throughout your school.

- Smile – it's infectious!
- 'Post-it Note Ninja' – leave positive notes on the children's desks, you could get some of the children to be secret ninjas too.
- Compliment someone – a little compliment can go a long way. You could create a compliment board in the classroom and the staffroom.
- Write a handwritten note to show you appreciate someone.
- Look after the environment; litter picking, putting out bird feed, planting flowers and trees.

### Nature makes us happy

Research shows that people who are more connected with nature are usually happier in life and more likely to report feeling their lives are worthwhile. Nature can generate many positive emotions, such as calmness, joy, and creativity and can facilitate concentration.

Nature connectedness is also associated with lower levels of poor mental health, particularly lower depression and anxiety.

### Ways you can enjoy nature in school

- Take part in The Big Schools Birdwatch (8th Jan-19th Feb).
- Make a bird feeder (see resource below)
- Consider a multisensory approach for your subject by bringing the outdoors inside- or taking pupils outside to experience nature and write about their senses.



## Be Connected



Lovely resources at  
[wildlifewatch.org](http://wildlifewatch.org)



Public



## Be Curious

### Wellbeing Check In

Schools can be so busy! As soon as the children enter the classroom in the morning, we are often asking them to engage with learning! Instead, consider how you can effectively use the time when the children arrive to help them to settle and to find out how they are feeling.

Some schools have started to become more creative about the use of technology to gather information about pupils' moods/ wellbeing. For example, with older children, Microsoft forms or polling tools can be used to create a simple questionnaire. Children can scan a QR code on their iPads when they arrive and use this to let their teacher know if they need a check in or additional support.

For younger children, writing or drawing a picture about the weekend on a Monday morning can give you an insight into their emotional state... Simple things count for a lot; find out about your pupils in order to develop and enhance positive relationships. Ask how their football training/ dance classes/ visit to grandma's went... Notice when they arrive and greet them warmly. Similarly, check out at the end of the lesson/ school day by telling them that you look forward to seeing them tomorrow... every little helps!