

A vibrant watercolor illustration featuring a multitude of hands in various colors (brown, blue, purple, green, orange) reaching upwards. Many of the hands are holding hearts of different sizes and colors. The background is a soft, light-colored wash with scattered heart shapes and paint splatters. The overall mood is positive and inclusive.

Wellbeing Week





Tuesday

Give

GIVE



Giving back to others can create positive feelings

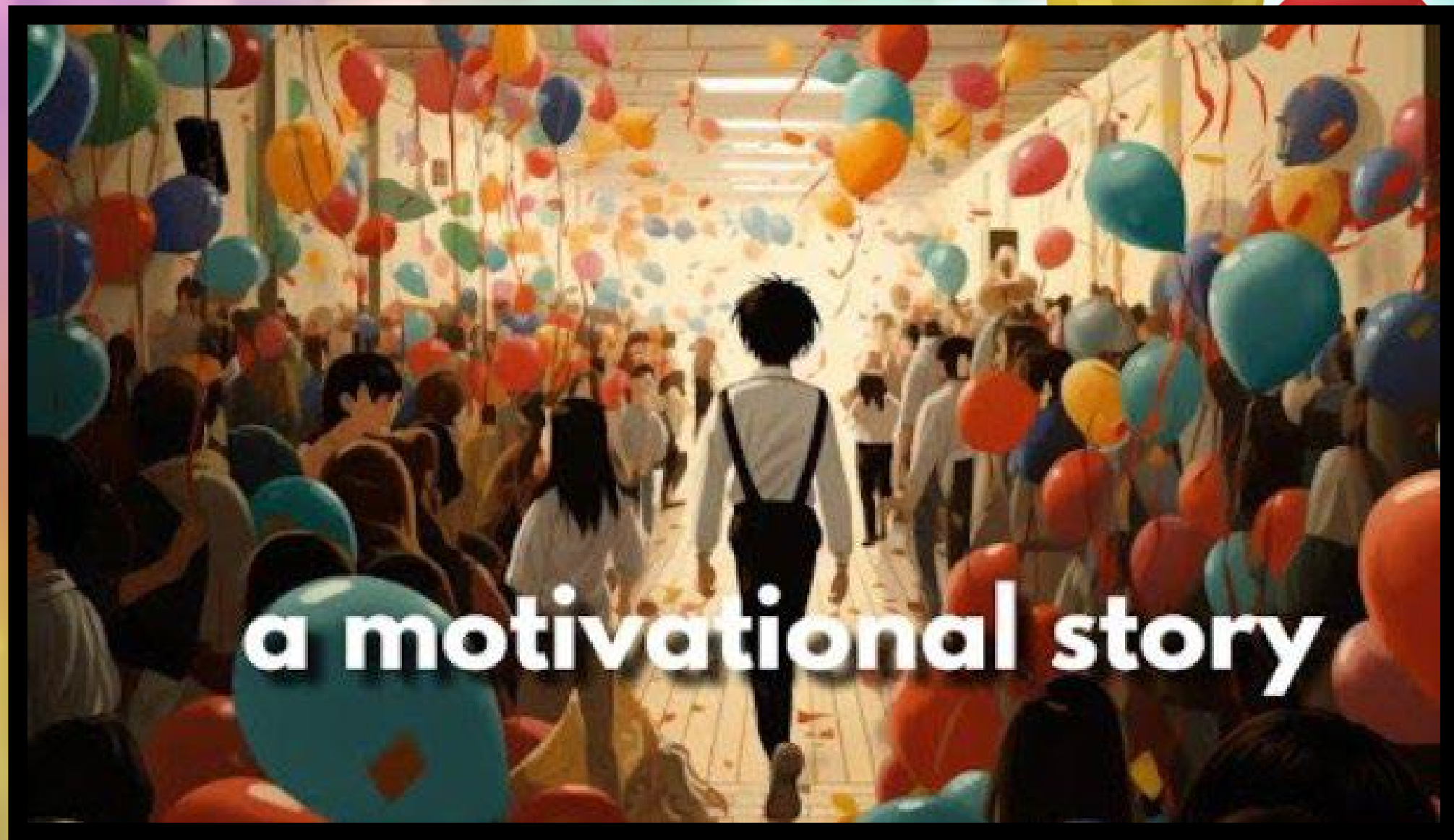
Random Acts of Kindness

KINDNESS

Kindness helps build relationships and allows us to share in the best elements of humanity while also boosting our mental health and the mental health of those around us.

Kindness is something to be celebrated but it's often something that can get lost in the busyness of day-to-day life, so this is a great opportunity to cast the spotlight on it.

MAKE OTHERS HAPPY...



a motivational story

Kindness and Mental Health

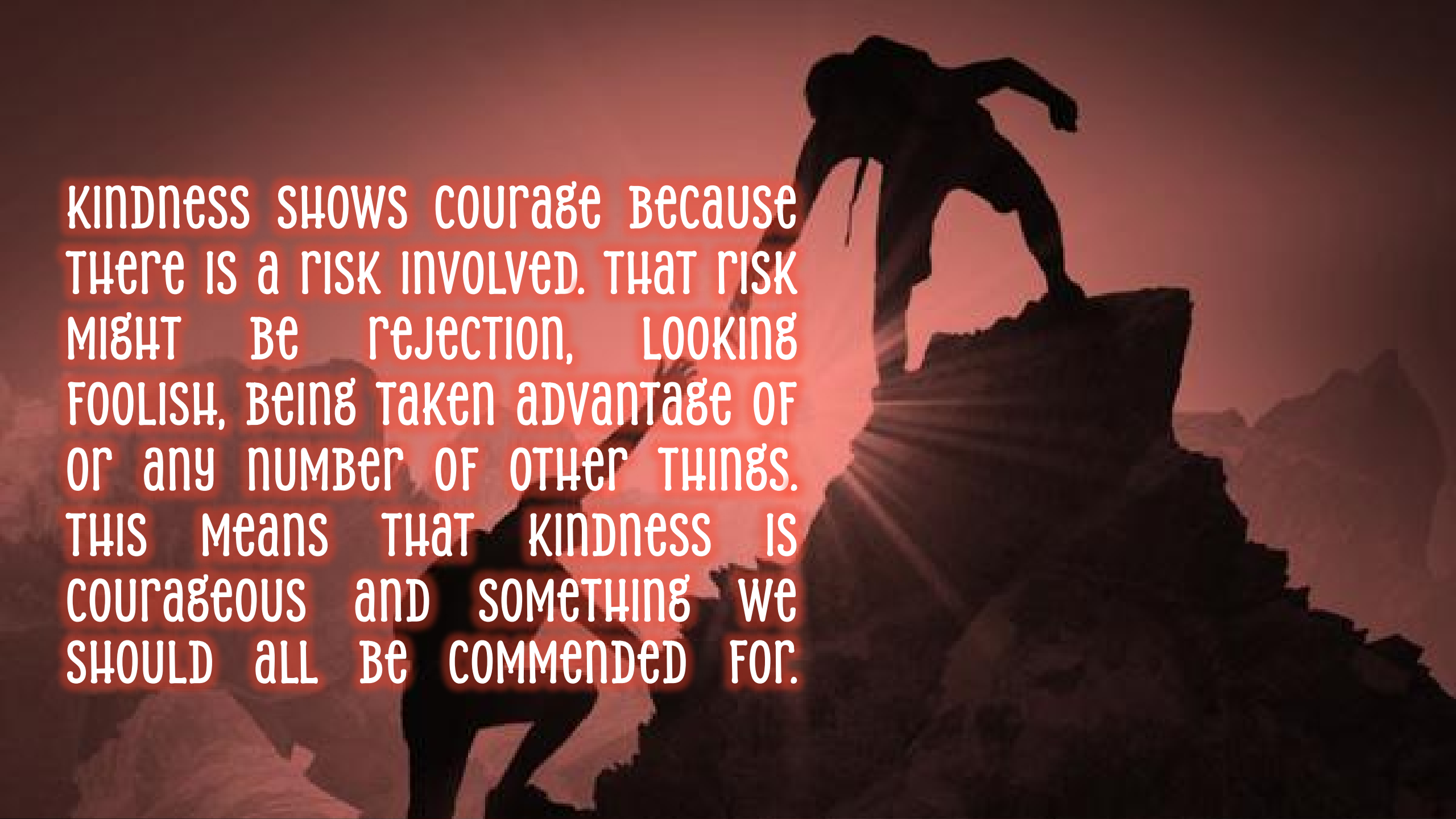
ACCORDING TO THE MENTAL HEALTH FOUNDATION:

‘Kindness is defined by doing something towards yourself and others, motivated by genuine desire to make a positive difference’

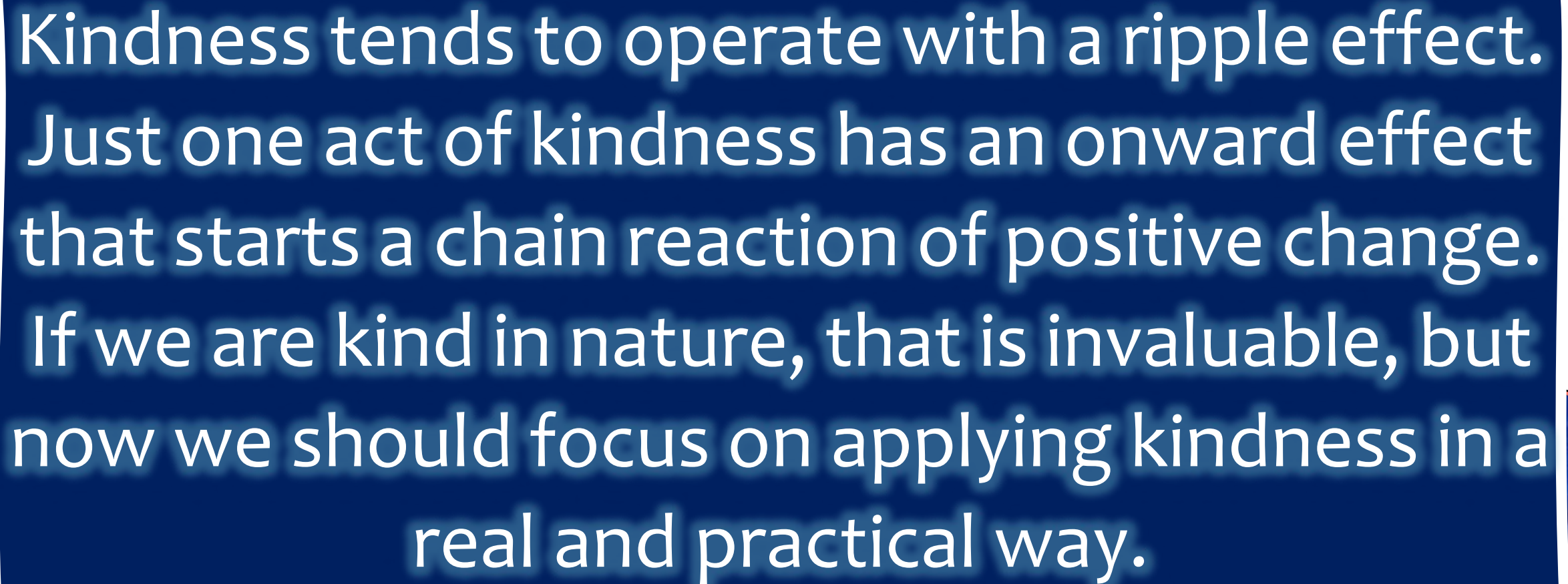
Research has demonstrated that kindness creates a sense of belonging and acts to ease feelings of isolation, which may be more prevalent now than ever before.

Kindness to ourselves can help boost our self-esteem and improve feelings of optimism, which could be just what we all need.



The background of the image shows two people in silhouette climbing a jagged mountain peak. One person is higher up, reaching towards the top, while the other is lower down, reaching up towards the first person. The sky is a gradient of warm colors, from a deep red at the bottom to a lighter orange at the top, suggesting a sunset or sunrise. The overall mood is one of perseverance and achievement.

KINDNESS SHOWS COURAGE BECAUSE
THERE IS A RISK INVOLVED. THAT RISK
MIGHT BE REJECTION, LOOKING
FOOLISH, BEING TAKEN ADVANTAGE OF
OR ANY NUMBER OF OTHER THINGS.
THIS MEANS THAT KINDNESS IS
COURAGEOUS AND SOMETHING WE
SHOULD ALL BE COMMENDED FOR.



Kindness tends to operate with a ripple effect. Just one act of kindness has an onward effect that starts a chain reaction of positive change. If we are kind in nature, that is invaluable, but now we should focus on applying kindness in a real and practical way.

RANDOM ACTS OF KINDNESS THAT YOU CAN DO:

- Write a nice note to someone
- Give a compliment for no reason
- Say, "good morning" to people at school / work
- Hold a door open for someone.
- Thank your teacher at the end of class.
- Listen to someone who is feeling overwhelmed or stressed.



RANDOM ACTS OF KINDNESS THAT YOU CAN DO:

- Tell someone why they are important or special to you
- Pick up rubbish on the ground and throw it away
- Do a chore around the house without being asked to do so
- Use positive words rather than negative words
- Let someone ahead of you in a queue
- Acknowledge someone who does something kind to you

Self Kindness

Spend some time thinking about what would make you feel good and then plan it out.

Directing kindness towards ourselves gives us a great opportunity to reflect on just how great it can feel to be on the receiving end of an act of kindness.



Here are some ideas for acts of self-kindness but feel free to follow your own imagination and share some ideas with others.

Create some quiet time in your day

Buy yourself something that brings you joy

Say three kind and positive things about yourself

Have your favourite meal

Give yourself the opportunity to have a great sleep

Take time to re-watch your favourite movie / read your favourite book



Time to write...

Take out your journal or a copy!

- 1. Write down 3 positive things about yourself!*
- 2. Write down 3 positive things you could say to a friend today!*



Need some inspiration?

**Your outlook
on life is
amazing!**

You're kind!

**You are more
fun than
anyone or
anything I
know,
including
bubble wrap!**

**I enjoy spending
time with you!**

**You have the
best laugh!**

**You look
great today!**

**You're great
at sports!**

You are the bravest person I know!



Today's activities:

Friendship bracelets

Poster making

Quiet room

Relaxing music room

Mindful Colouring

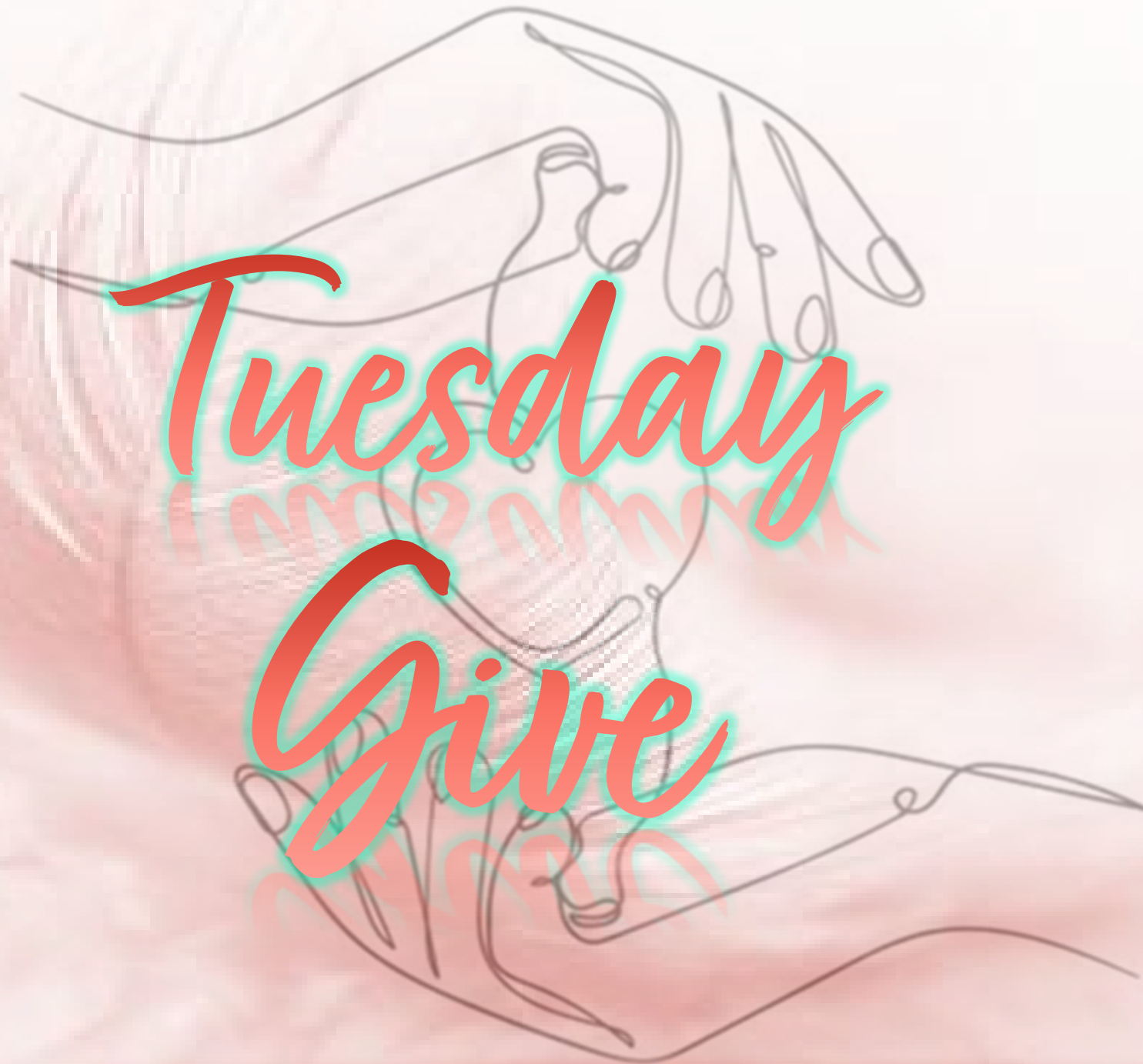
Gratitude Box



AS WE CONTINUE WITH OUR WELLBEING WEEK,
PLEASE KNOW THAT THERE ARE SUPPORTS
AVAILABLE FOR ANYONE WHO NEEDS THEM:

- TUTOR
- Year Head
- GUIDANCE COUNSELLORS
- CHAPLAIN





Tuesday
Give

Scoil Mhuire Wellbeing Week 2024 Tuesday Newsletter

Today's Schedule of events ...

8:30-9:15

Morning Yoga - 6th
Years

Fiona Forman
Resilience Talk

1st Years at 9am
2nd Years at 10am

11:25-12:25

6th Year Brunch in
Assembly Hall



Keep an eye out
for Ms Mc Hugh's
Compli'mints!

Theme of the Day ...



Scoil Mhuire
Community School



Tuesday's feelgood fact

Listening to your favourite music
for just 15 minutes a day lowers
stress levels, anxiety, sadness,
and a depressed mood.

Other initiatives running this week ... Time Capsule

1st and 6th Year students will take part in a time capsule during their Wellbeing and Religion classes. They will write letters to their future selves about their hopes and dreams for the future. The time capsules will be buried on the school grounds and a date set to open them; 6th year graduation for the 1st year time capsule and in ten years' time for the 6th year time capsule. We hope by taking part in this it will help to capture a moment in time for our students and give them an opportunity to reflect on their time in school when they eventually open them.