



Peer
Education
Project



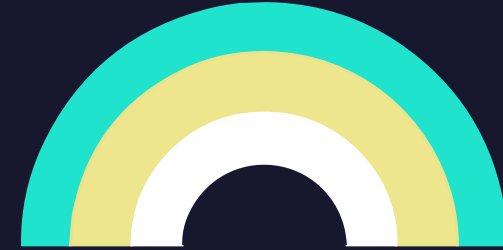
Mental Health
Foundation



WHY

KINDNESS

MATTERS

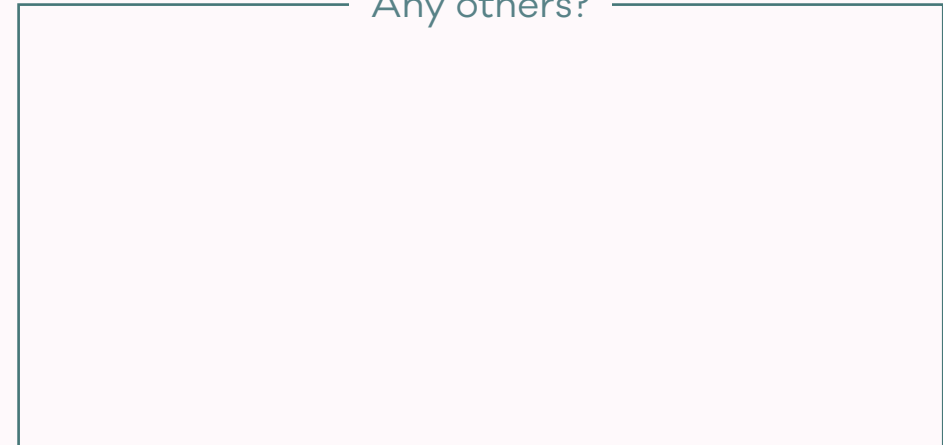


Lesson

We will:

1. Respect and listen to each other, giving space for everyone to be heard.
2. Value everyone's opinion, even if it's different to yours.
3. Ask questions, especially if you are unsure about the information or activities.
4. Be kind to yourself and others, reaching out for support if you need it.

Any others?

A large, empty rectangular box with a thin teal border, intended for additional input or questions.

Being in the moment



SLIDE 3



Building connections



SLIDE 4

Hi, I'm Lucy and last night I made my mum a cup of tea before bed. This morning, I woke up late for school. My mum had kindly prepared my packed lunch for me and said she would drop me off at school on her way to work. At lunchtime, I noticed one of my friends had forgotten their lunch, so I offered to share my lunch with them.

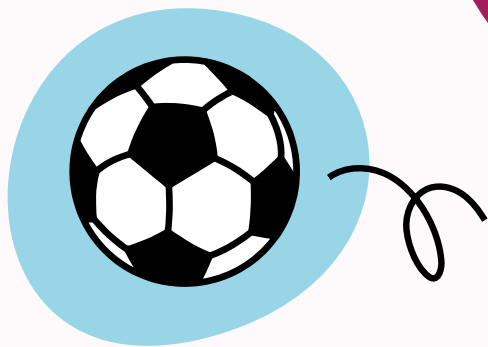


Building connections



SLIDE 5

Hey, I'm Isiah. I joined the school's football team today. I was really worried about joining because I'm quite shy and not always very confident with making friends. But the team were so friendly, and I chatted lots with my partner for the football drills. I went home and told my dad about the team whilst we cooked dinner together.



Building connections



SLIDE 6



My name is Anita. I've been attending a local cookery class at the community centre. They recently had a recipe for a spicy chicken casserole that I knew my neighbours would want to try! The classes are run by a local café owner. She always gives me lots of encouragement with my cooking, so now I am starting to feel confident enough to share my ideas.

Building connections



SLIDE 7

Hi, my name is Jenny. I love owning my little café and passing on my cooking skills to others. I hope one day my daughter will take the business over – she is very good at making a cup of tea!

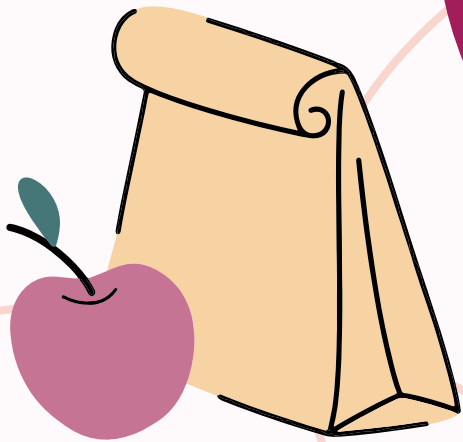


Building connections



SLIDE 8

My name is Sam. My friend was very kind to me today and shared their packed lunch. It gave me lots of energy for my football match in the afternoon. A new pupil started with the team today – I've been the new person before, and it can be scary! So, I asked the new pupil to be partner for the drill sessions. The new pupil is really good at football!



Building connections



SLIDE 9

Hi, my name is Joseph. I love to cook dinner with my son and hear about his day. This evening I cooked Isiah's favourite food from a recipe my friend gave to me as she knows we love to eat anything spicy.



Introducing the topic



SLIDE 10

Kindness is choosing to do something that helps others or yourself, which is motivated by genuine warm feelings.



Introducing the topic



SLIDE 11

What does
kindness mean
to us?



Introducing the topic



Why is kindness good
for our mental health
and wellbeing?

SLIDE 12



Learning through activity



SLIDE 13

Kindness can be shown in many ways
and tends to look different for everyone.
Finding what works for us, and for others,
is key to making sure our acts of kindness
have the greatest effect.

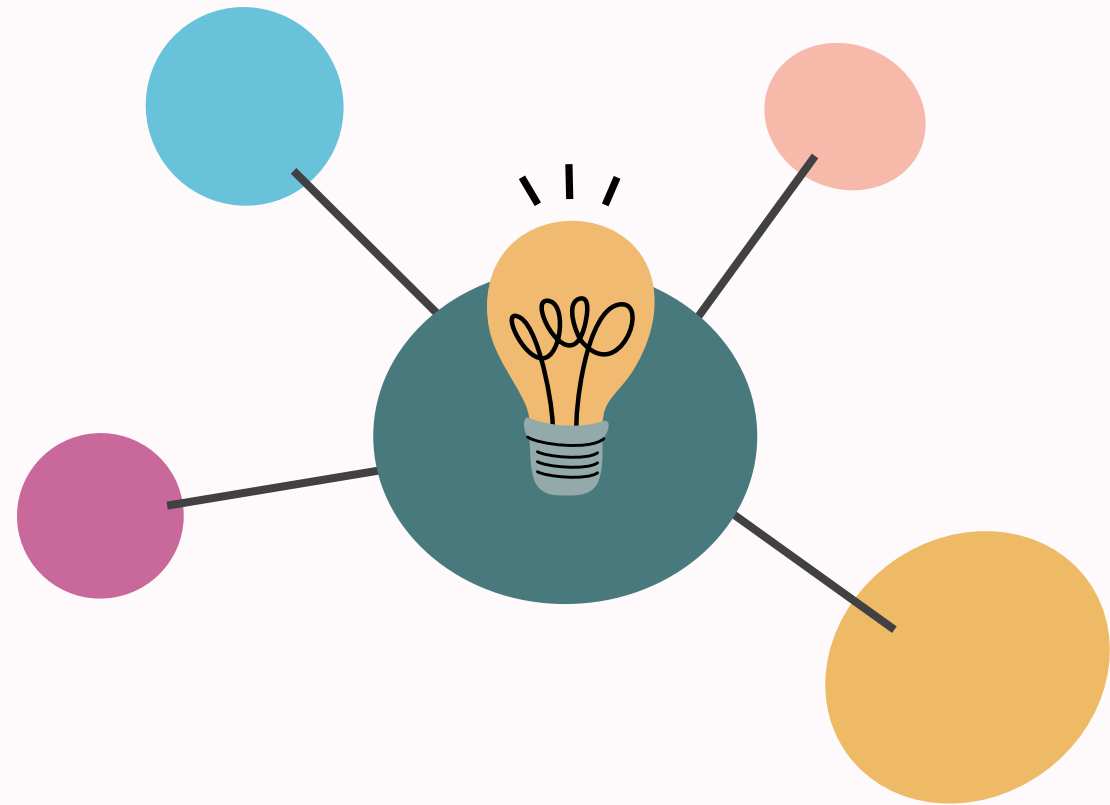


Learning through activity



SLIDE 14

Create a mind map to highlight how we can show kindness to ourselves, others and in the community.



Reflecting on the learning



SLIDE 15



**One thing I
have learned.**

**One thing I will
do differently.**

**One question
I would like an
answer to.**



Reflecting on the learning



**One thing I
have learned.**

SLIDE 16

Reflecting on the learning



**One thing I will
do differently.**

SLIDE 17

Reflecting on the learning



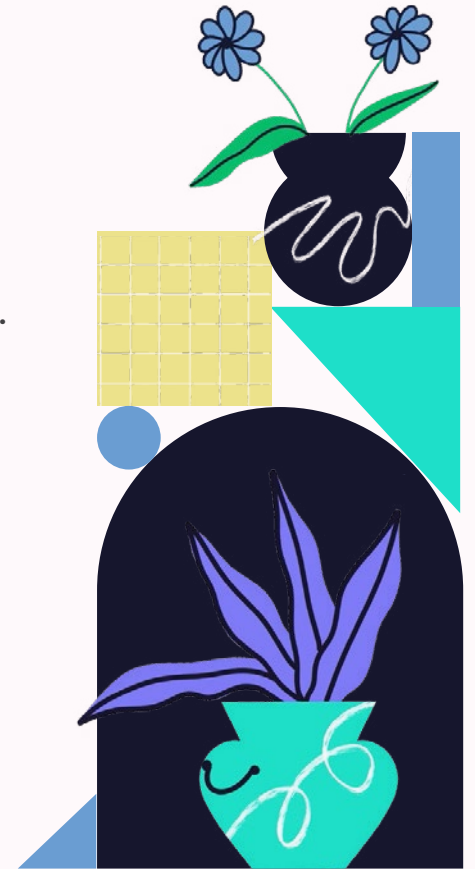
**One question
I would like an
answer to.**

SLIDE 18

Kindness can be described as:

- Considering our feelings and needs, alongside those of others.
- Showing acceptance, respect, and love towards ourselves and others.
- Behaving fairly towards ourselves and others.

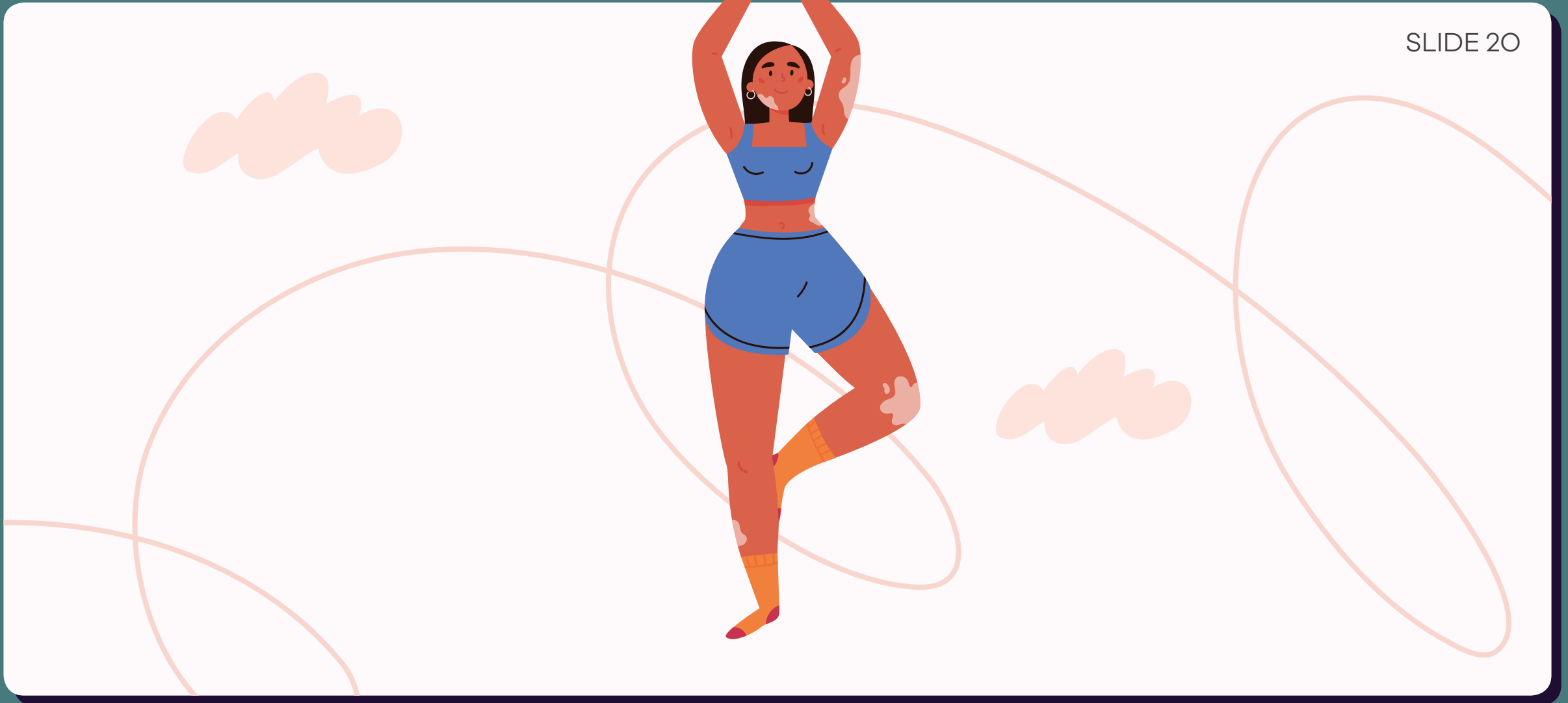
Kindness can be shown in many ways and tends to look different for everyone. Finding what works for us, and for others, is key to making sure our acts of kindness have the greatest effect.



Being in the moment



SLIDE 20





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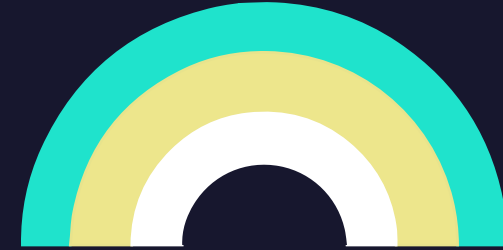
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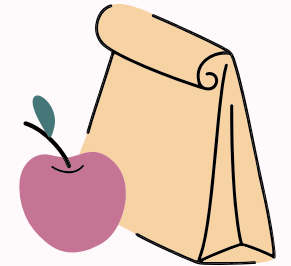
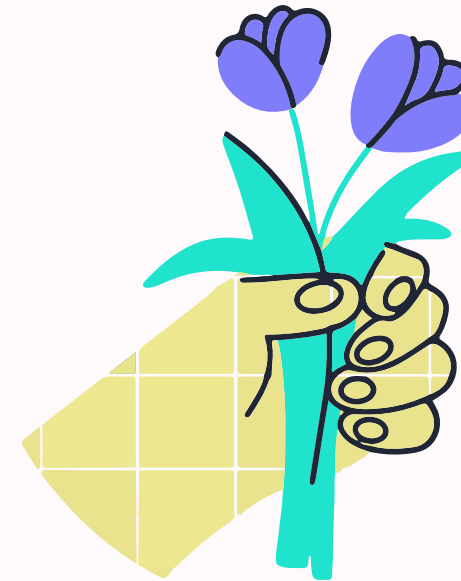
Lesson

Taking action



SLIDE 22

Acts of kindness



Taking action



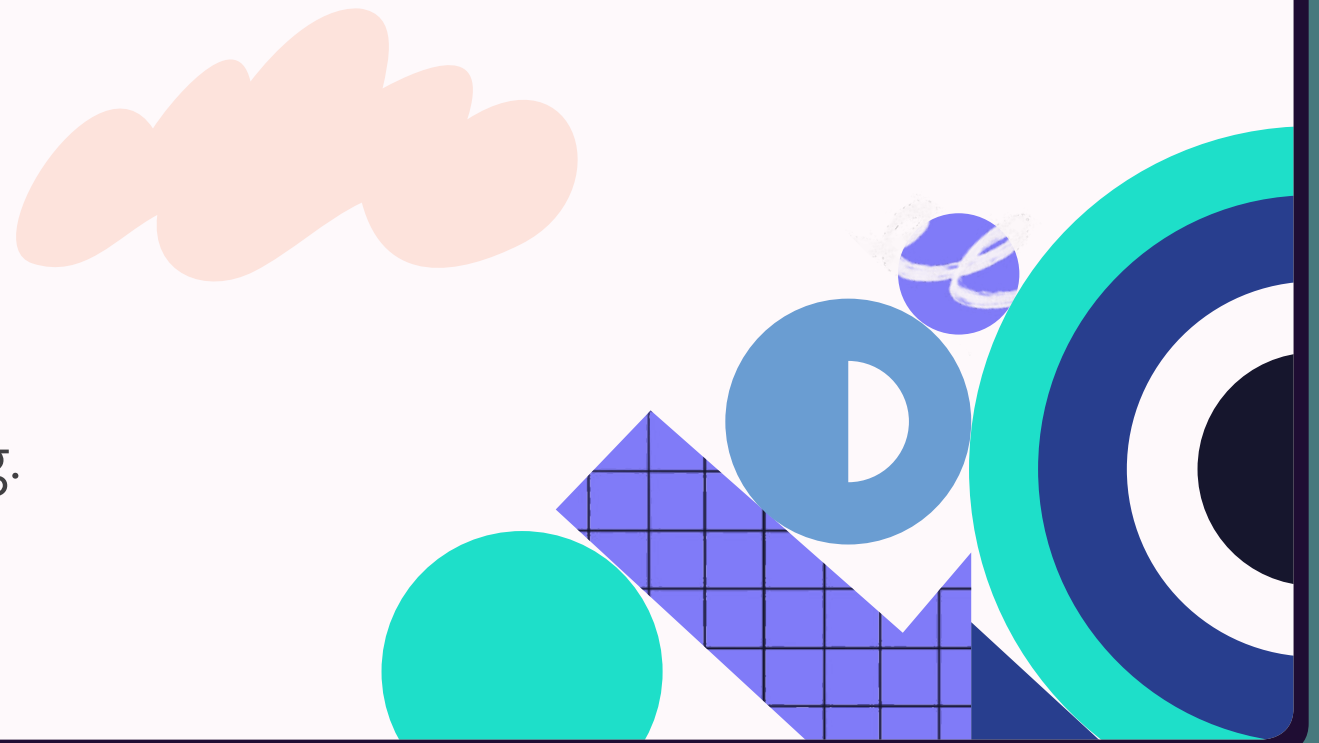
SLIDE 23

Kindness is choosing to do something that helps others or yourself, which is motivated by genuine warm feelings.



Acts of kindness can have many benefits for our mental health and wellbeing, such as:

- Reduces stress.
- Improves mood.
- Increases self-confidence.
- Creates a sense of belonging.
- Makes us feel less lonely.



Designing a kindness campaign:

- The overall aim of the campaign.
 - The activities and timings.
 - The materials needed.
 - The people involved in campaign set up.
- How the campaign will be promoted.

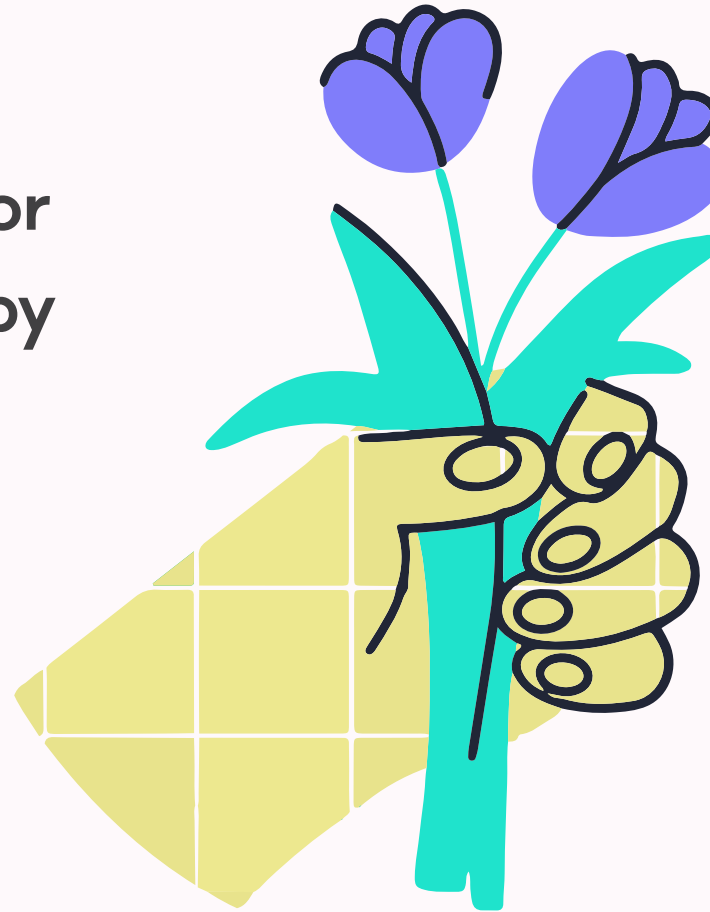


Challenging thinking



SLIDE 26

Kindness is choosing to do something that helps others or yourself, which is motivated by genuine warm feelings.



Challenging thinking



SLIDE 27



<https://www.whatsupwitheveryone.com/perfectionism.php>

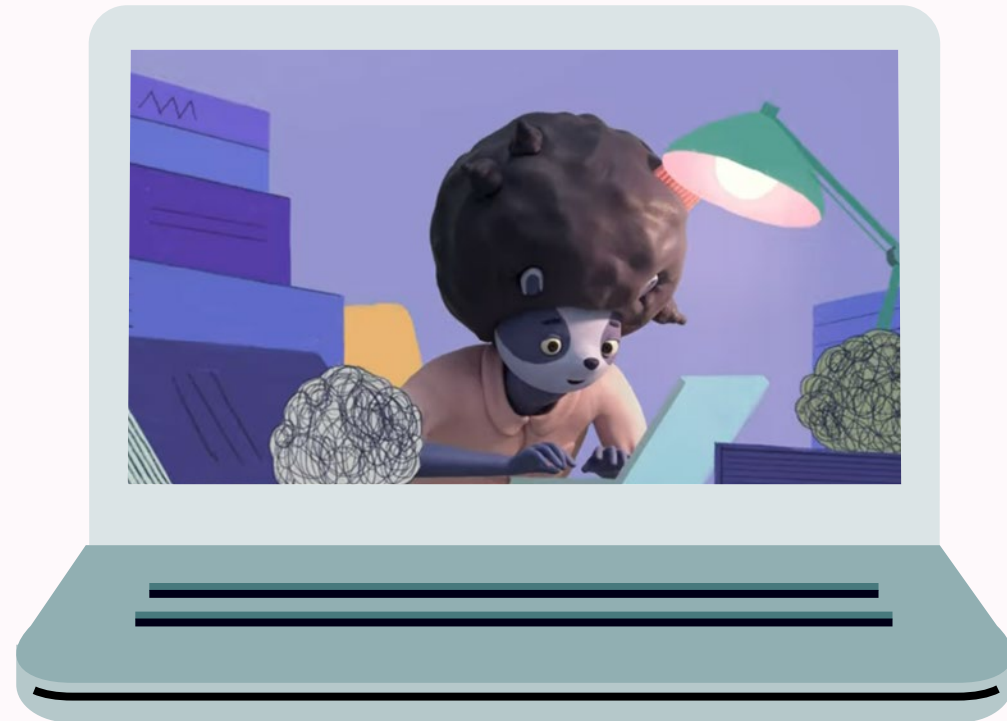
Challenging thinking



SLIDE 28

What could Charlie do to be more kind to himself in the moment, and in future situations?

What could you say or do to support Charlie?



Challenging thinking



SLIDE 29

Receiving a lower-than-expected mark in an assignment.

Sitting an exam at 9am.

A friend is ignoring you at lunch time.

You want to try out for the school football team.

You feel worried about starting a new school.