## **Random acts of kindness**

Being kind is a little thing we can do to make a BIG difference to our mental health. Use our kindness wheel with your class to demonstrate the importance of being kind to ourselves and others. Because a little kindness goes a long way.

Ysəp <sub>S</sub>əuoəwos anipy uoy s61111 91111 911 40 əzou a positive to 19120q р эхрм ƏADƏŢ to help someone with a task B Say something Give someone a kind to compliment a teacher Stick this wheel on some cardboard, cut around it, and pop a pencil through the middle to create your spinning wheel!

## YOUNGMINDS

## #HelloYellow