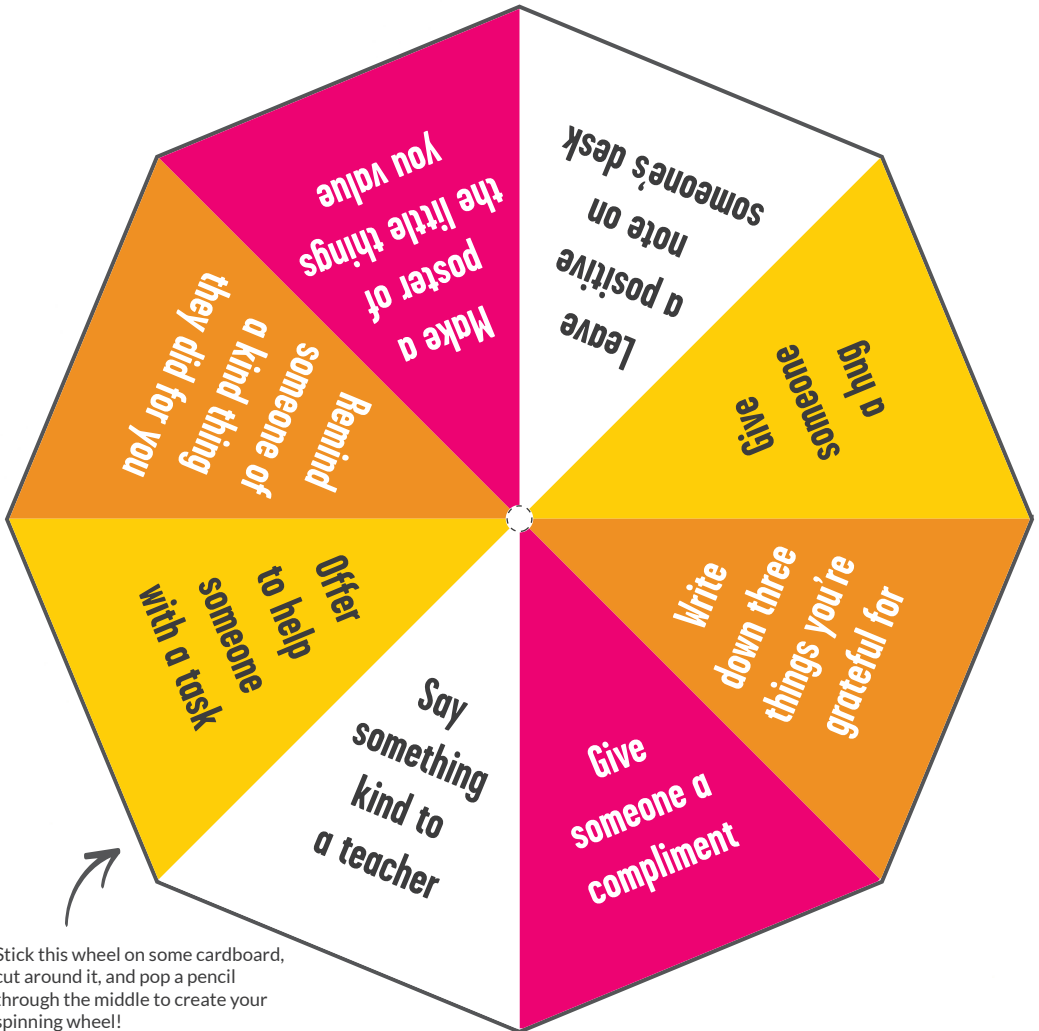


Random acts of kindness

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.



Stick this wheel on some cardboard, cut around it, and pop a pencil through the middle to create your spinning wheel!