

# FEEL BETTER Newsletter

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WELL-BEING IS A PRIORITY AT LEICESTER GRAMMAR JUNIOR SCHOOL

## KINDNESS

By Mrs Strong

Kindness is more important today than it has ever been.

The isolation of the last eighteen months has highlighted how little acts of consideration can break down barriers and brighten the lives of the people around us.

This is one of the reasons that **'One Kind Word'** has been chosen as the theme for Anti-Bullying Week (15th to 19th November 2021) and it is a theme we would like to see underpinning how the LGJS community live their lives.



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# A CALL TO ACTION



## BE KIND

Ask if someone is feeling okay. Are they having a good day?

## ACTIONS

It can be easy to follow a kindness 'trend' by posting online, but it is harder to commit to kindness in our daily words and actions. Take the time to be kind to others. **One Kind Word** really can make a difference, especially for those who may be struggling. It can be a turning point. It can make their day and it can help break the cycle of bullying.

## KINDNESS FUELS KINDNESS

Kindness fuels kindness. One kind word or one act of kindness leads to another. So, whoever you are, wherever you are, online or offline, remember one act of kindness can create a ripple effect that spreads outwards, touching the lives of others and inspiring kindness everywhere.

*It starts with  
One Kind Word.*

*It starts today*

## A JAR FULL OF KINDNESS



A Kindness Jar is a wonderful way of providing a visual means for promoting kindness and positive behaviour. It can be filled with a resource of your choosing (eg, beans, stones, pom-poms) and a treat can be earned when it reaches a certain point.



# KINDNESS CALENDAR



## THE SNOWMAN AND THE SNOWDOG KINDNESS CALENDAR

As we move into the Festive season and we are thinking about giving and receiving, why don't you set yourself a 'Do Good December Challenge' to carry out an act of kindness every day? Last year the British Red Cross produced a Kindness Advent calendar to use during December. It has not yet been published for 2021, but it is in production and you can find further details by following this link and registering your interest.

[www.redcross.org.uk/get-involved/teaching-resources/the-snowman-and-snowdog-kindness-calendar](http://www.redcross.org.uk/get-involved/teaching-resources/the-snowman-and-snowdog-kindness-calendar)

*Wouldn't you feel good at the end of the month to see how kind you have been and how much happiness you have spread?*

Kindness is one of the greatest gifts you can bestow upon another. If someone is in need, lend them a helping hand. Do not wait for a thank you. True kindness lies within the act of giving without the expectation of something in return.

Katharine Hepburn

# SPREAD KINDNESS



## SPREAD A LITTLE HAPPINESS ...THROUGH ACTS OF KINDNESS

**Did you know that it was World Kindness Day on 13th of November?**

World Kindness Day is the perfect day to try to make the world a happier place and it promotes acts of kindness, celebrating all that we can do for others, but it should not be limited to just one day.

Being kind to other people brings enormous benefits – you make someone feel good, make yourself feel good and help those who see what you are doing feel inspired to carry out an act of kindness themselves.

*Kindness is contagious!*

Imagine what a difference it would make if we all thought about being kind to the people in our families and to our friends and think about all the happiness we could generate. What a difference it could make to our families and our school!

**There are so many easy ways that we can carry out acts of kindness including:-**

- Helping a friend with their work
- Holding a door open for someone
- Letting someone go first
- Asking someone who is by themselves to come and play
- Smiling at people
- Helping someone when they fall over
- Hanging a coat up if it has fallen off the peg
- Reading to your little brother or sister at bedtime
- Being a good friend if someone feels sad
- Saying something nice to someone
- Helping to tidy up, either at school or at home
- Making someone laugh
- Giving a family member a hug
- Feeding the birds

Perhaps you can think of more ways to spread happiness?

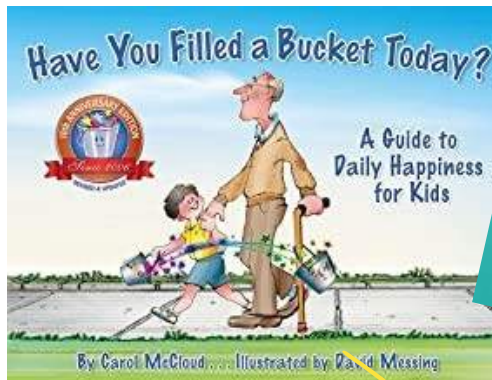
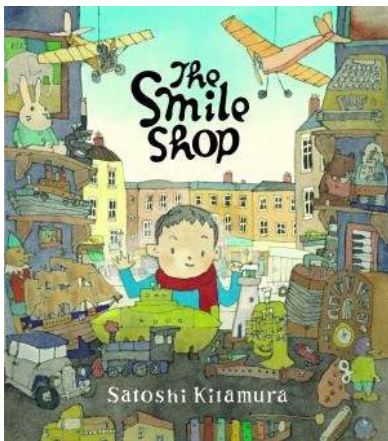
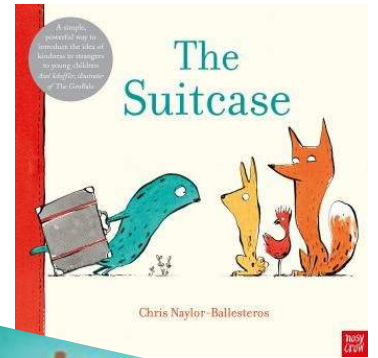
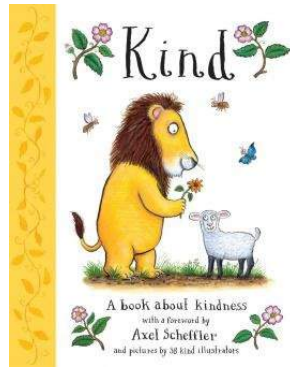
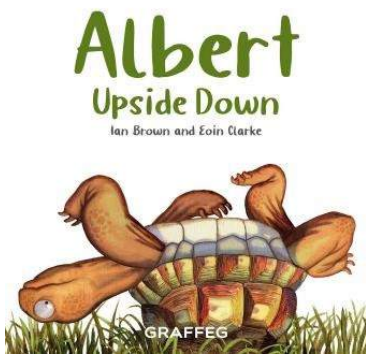
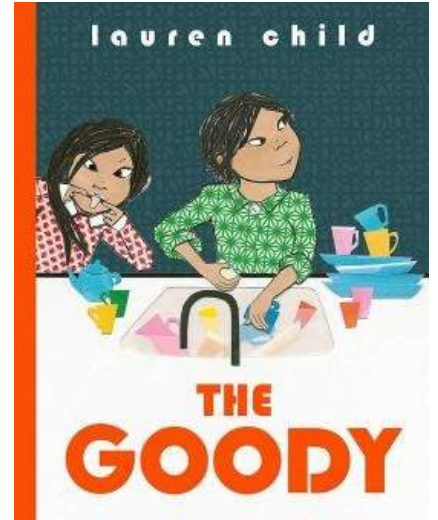
Try to remember that kindness is a choice we make in everything we do and we can choose to be kind to others and ourselves. Choosing kindness will make our world a friendlier and happier place for all of us.

**By Mrs Jackson**



# BOOKS FOR KINDNESS

## RECOMMENDED READS





## BOOSTING OUR MOOD IN THE WINTER MONTHS

As we move into the darker months, we often find that this has a negative effect on our mental health. So, what can we do to counteract this and give our mental health and well-being a boost?

Studies have shown that **exercising outdoors** gives us an extra boost, reducing feelings of anxiety, fatigue and stress – even **5 minutes** exercise outdoors can improve mood and boost self-esteem, so we don't need to be the next Alistair Brownlee or Paula Radcliffe to get outside!

We have all heard how being outdoors and interacting with nature has many benefits for our mental health. A recent study by **The Mental Health Foundation** and the **WWF** found a link between access to **green spaces** (such as fields, parks, forests and gardens) and improved mood, reduced risk of mental health problems and increased life satisfaction. They believe that *'Interacting with nature can be not just enjoyable, but also beneficial to our mental health and wellbeing'*.

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

Where can we find nature, though, particularly in these darker winter months?

If we can get outside, even if it is for just 5 minutes, then one way to really interact with nature is to use our senses.

## WHAT CAN WE SEE?

Look out for **squirrels** searching for nuts up in the branches of trees or scurrying along the floor; look at the garden birds with fluffed up feathers against the cold air; look for star constellations in the dark night skies; the amazing colours of sunrise and sunset are easier to see in the winter months as the sun rises later and sets earlier.

# BEING KIND TO OURSELVES

## WHAT CAN YOU HEAR?

The crunching of ice/snow under your feet as you walk; the rustling of animals in the undergrowth; the wonderful sound of birdsong in parks and gardens; the muffled sounds when it has snowed.

## WHAT CAN YOU FEEL?

The 'nip' of the frosty air on your nose and ears; the spiky shell of a conker; the rough bark of a tree; the pinecones in the woods or forest; a soft feather found in the garden.

## WHAT CAN YOU TASTE?

Hot chocolate after a winter's stroll; the particular flavours of Christmas.

## WHAT CAN YOU SMELL?

The smell of damp ground in woodland; wood smoke from an open fire in the community; some people even think they can smell the 'cold' when someone comes in.

Other ways to interact with nature could be going for a **short walk** and then **journaling about it** when you get home, **drawing or painting** things you see in the landscape around you. Growing things in a **window box** or on the windowsill, for example lavender or herbs that you use in cooking or chilli plants. Having a **living plant** in your environment is very good for your mental health.

Even just placing a chair in a spot that catches the winter sunshine and sitting there to read or write is a way of connecting with the outside world around us and in turn that boosts our mood.

So - as the nights draw in and we are tempted to hunker down and hibernate for the winter months, try to set some time aside to get outside and connect with nature and the world around you. Be kind to yourself and it will improve your mood. Further ideas can be found here;

[www.mentalhealth.org.uk/campaigns/thriving-with-nature/guide](http://www.mentalhealth.org.uk/campaigns/thriving-with-nature/guide)

[www.mind.org.uk/information-support/tips-for-everyday-living/nature-and-mental-health/how-nature-benefits-mental-health](http://www.mind.org.uk/information-support/tips-for-everyday-living/nature-and-mental-health/how-nature-benefits-mental-health)

By Mrs Ellis

