Health and Wellbeing- Kind words

Well done for completing another week of home learning everyone!

This week your Health and Wellbeing activity is going to focus on thinking about the words we use and the impact they can have on other people.

We all know that we should use kind words towards others and ourselves but sometimes we might forget- especially at times when we are feeling angry or upset. It is important to know that unkind words or comments may not seem like a big deal to you but they can have a really negative impact on others. It can make them feel sad, hurt and worthless. Do you know the saying "Sticks and stones may break my bones but words will never hurt me"? This is not the case!!

Let's think about how we can use positive, kind words to help build each other up instead!

Something amazing is happening in the London Underground network...
Two London Underground staff members, they have named themselves
N1 and E1, are on a mission to brighten up the service information boards
by writing positive, inspiring messages. They use the handle
@allontheboard if you want to check them out online.

Have a look at the examples on the page below. Which one is your favourite?

Now have a go at writing some messages of your own. You might want to turn your message into a poem or use a famous quote that you know.

Remember to use kind words that you think will lift people's spirits.

Share your kind word messages with us on the blog.



STOP BULLYING

IF YOU EVER FEEL LIKE YOU'RE BEING BULLIED, AT SCHOOL, COLLEGE, WORK OR ONLINE;
THERE COMES A TIME WHEN ENOUGH IS ENOUGH,
AND A POINT WHERE TO DRAW THE LINE.

TELL A FRIEND, TELL A TEACHER,

TELL A PARENT OR COLLEAGUE,
THERE ARE ALSO ORGANISATIONS YOU CAN TRUST;
BULLIES ARE LIKE WASPS AND MOSQUITOES,

SO AGGRESSIVE AND ANNOYING, IF IT COMES TO IT THEN REPORT THEM, YOU MUST. TRY TO IGNORE THEM, IT'S NOT YOU WITH THE PROBLEM, EVEN THOUGH IT'S NOT EASY TO DO;

RAIN ON THEIR PARADE, DON'T FIGHT FIRE WITH FIRE, BECAUSE THEY WANT THIS REACTION FROM YOU. THERE IS ALWAYS A REASON WHY

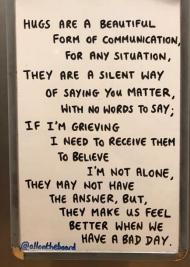
FROM BAD PARENTING TO LOW SELF ESTEEM;
THEY WILL EVENTUALLY LOSE A GRIP,

AND YOU WILL RISE TO THE TOP, LIKE THE CREAM.



Be proud of who YOU are; there may be a long way to go, But, you've already come so far.

@allentheboard







THOUGHT OF THE DAY

JANUARY 2020 :

CAPTAIN TOM MOORE THINKS
TO HIMSELF, 'I'M GOING TO HAVE
A NICE CHILLED OUT YEAR FOR
MY 100TH BIRTHDAY. NOTHING
HECTIC'.

APRIL 2020 :

CAPTAIN TOM MOORE RAISES OVER \$28 MILLION FOR THE NHS, BECOMES FAMOUS WORLDWIDE, HAS A NUMBER ONE SINGLE WITH MICHAEL BALL AND A WHOLE NATION WANTS HIM TO BE KNIGHTED.

@allontheboard







NICE PEOPLE, IF YOU CAN'T FIND ONE BE ONE!