

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
A BULLY IS A BULLY,
FROM BAD PARENTING TO LOW SELF ESTEEM;
THEY WILL EVENTUALLY LOSE A GRIP,
OF THEIR POWERTRIP,
AND YOU WILL RISE TO THE TOP, LIKE THE CREAM.

@allontheboard
TWITTER · FACEBOOK · INSTAGRAM

Service information

Date
Time

PRIDE



HAVING AN OPEN MIND AND AN OPEN HEART

IS A GOOD PLACE TO START,
WHEN EVERYONE IS TREATED AS EQUALS, WE ARE MORE FREE;
THIS WORLD WOULD BE BETTER IF WE MADE AN EFFORT
TO BE MORE UNDERSTANDING.

BE PROUD, LOVE IS LOUD, SO LET EVERYONE SEE.
WHEN PEOPLE SEE YOU STAND UP FOR YOUR RIGHTS,
MAY OTHERS STAND UP WITH YOU.
DON'T BE AFRAID TO BE HONEST ABOUT WHO YOU ARE,
AND TO YOURSELF ALWAYS BE TRUE.

LOVE IS LOVE AND IT HAS NO GENDER, SO LET'S NOT PRETEND.
THAT BEING DIFFERENT IS A LIFESTYLE CHOICE;
THOSE WHO HAVE NO ACCEPTANCE ARE THE ONES

WITH THE PROBLEMS.
EXPRESS YOURSELF AND USE THE POWER OF YOUR VOICE.
CELEBRATE THE DIVERSITY OF HUMANITY,
AND TOGETHER LET'S MARCH SIDE BY SIDE;
BE WHO YOU ARE, DON'T BE SCARED OF COMING OUT,
TASTE THE RAINBOW AND STAND TALL WITH PRIDE.

@allontheboard
TWITTER · INSTAGRAM · FACEBOOK · YOUTUBE

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

@allontheboard

HUGS ARE A BEAUTIFUL
FORM OF COMMUNICATION,
FOR ANY SITUATION,
THEY ARE A SILENT WAY
OF SAYING YOU MATTER,
WITH NO WORDS TO SAY;
IF I'M GRIEVING
I NEED TO RECEIVE THEM
TO BELIEVE
I'M NOT ALONE,
THEY MAY NOT HAVE
THE ANSWER, BUT,
THEY MAKE US FEEL
BETTER WHEN WE
HAVE A BAD DAY.

@allontheboard

Service information

Date
Time

QUOTE OF THE DAY

WHEREVER YOU GO,
NO MATTER WHAT THE
WEATHER, ALWAYS BRING
YOUR OWN SUNSHINE.

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

Service information

@allontheboard
#allontheboard

Date
Time

OKAY TO NOT BE OK

DON'T BE TOO HARD ON YOURSELF,
IT'S OKAY TO NOT BE OK;
FROM POPSTARS TO THE QUEEN,
AND STARS OF THE SILVER SCREEN,
EVERYONE ON EARTH
CAN HAVE A DIFFICULT DAY.

@allontheboard
INSTAGRAM, TWITTER, FACEBOOK, YOUTUBE

FOLLOW US FOR LOTS MORE.....

Service information

Date
Time

QUOTE OF THE DAY

I DON'T KNOW WHERE
I AM GOING FROM HERE,

BUT I PROMISE IT
WON'T BE BORING

DAVID BONIE RIP

1947-2016

Customer information

FRIDAY 16TH MAY 2014

THOUGHT FOR TODAY

THE WORLD IS FULL OF
NICE PEOPLE, IF YOU
CAN'T FIND ONE BE ONE!