

Kindness & Looking after yourself

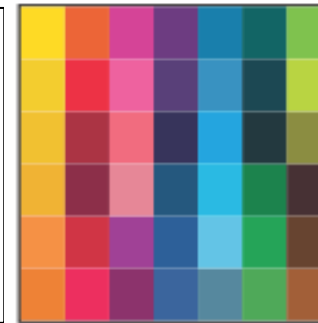


Department for
Digital, Culture,
Media & Sport



Activities created by The British Red Cross.

UNITED NATIONS



CONVENTION ON THE RIGHTS OF THE CHILD

The Rights Respecting School Group want to share this work with you to make you more aware of the rights that you have.

We have picked 3 rights from the United Nations Convention on the Rights of the Child (UNCRC).

All young people have these rights and they should be respected.

We would like you to think about why these rights are **important** and why they are **relevant** right now.



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Children have the right to the best health care possible, clean water to drink, healthy food and a clean and safe environment to live in. All adults and

children should have information about how to stay safe and healthy.



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AIMS OF
EDUCATION

Children's education should help them fully develop their personalities, talents and abilities. It should teach them to understand their own rights, and to respect other people's rights, cultures and differences. It should help them to live peacefully and protect the environment.



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REST, PLAY,
CULTURE, ARTS

Every child has the right to rest, relax, play and to take part in cultural and creative activities.

Being Kind to Yourself



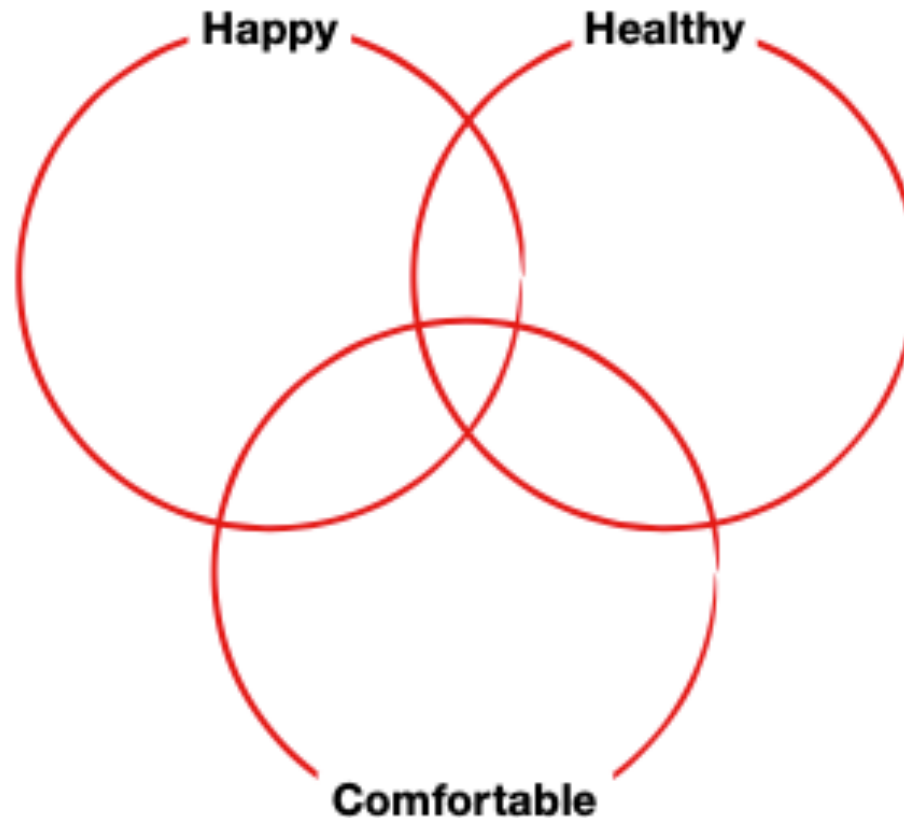
It is important to be kind to yourself, this means looking after your wellbeing. Use the activities in this PowerPoint to think about your own wellbeing and explore ways to cope and feel better when dealing with challenges.

What is wellbeing?

People use this word to mean 'being happy, healthy and comfortable.'

Think about the things in your life that make you happy, healthy and comfortable.

Write them in the circles. Some things will make you feel happy and comfortable, or healthy and happy, you can write these things in the spaces where the circles overlap.



Extension activity: Do you do these things enough? Could you do them more often?

Helping You Cope

The following activities can help you cope with change and support wellbeing by learning how to plan your daily life better in changing situations and how you can break big challenges into small goals.

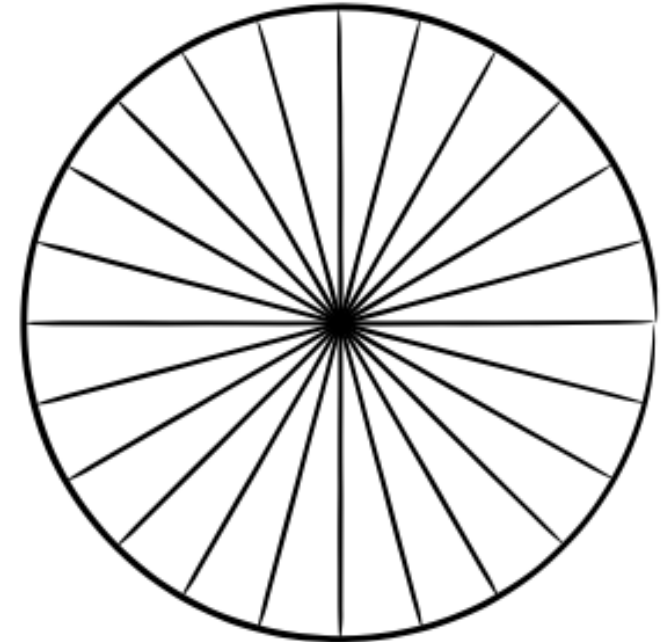


Where does my time go?

Think about how you use your time. Write a list of things you do each day.

For example:

- **sleeping**
- **eating**
- **exercising**
- **talking to friends and family**



Colour in the segments of the circle in different colours to show how you spend your time on an average day. Each segment is 1 hour, and there are 24 in one whole day. Things like sleeping should take up at least 6-10 segments.

Time to reflect...

- Do you do something too much or not enough?
- Do you have enough happy, healthy and comfortable things in your day? What changes do you think you should make in your day?



Set yourself mini goals

What do you want to complete or do this week? Setting goals can give you a clear purpose. It should be something you can do, don't set yourself something too difficult.

Examples: **Clean my bedroom, get to the next level of my game, be kind to someone in my house.**

Write down three goals. Colour in the medal each time you complete a goal.

Goal 1



Goal 2



Goal 3



Colouring is also a good way of being kind to yourself, as it helps you relax. Print this and colour it yourself or give this poster to someone you care about and it can also be a kind gift.



Rights Respecting Schools Group



Our pupil group runs every Wednesday lunchtime in D18.

All year groups are welcome.

If anyone would like any information contact:

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