

Mental Health Awareness Week				
The 7 Day KINDNESS Challenge!	Monday	Tuesday	Wednesday	
	Make a cup of tea for someone in your family	Send someone you haven't seen in ages a letter or a postcard	Donate food or clothes to people in need	
	Thursday	Friday	Saturday	Sunday
Bake a cake or some biscuits to cheer someone up	Ask your parents for a chore that would really help them out	Video call someone you know is feeling a bit lonely	Be kind to yourself and spend some time on YOU!	

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**Thursday** **Friday** **Saturday** **Sunday**

If you fail, never give up because F.A.I.L. means "First Attempt In Learning"

End is not the end. In fact E.N.D. means "Effort Never Dies"

If you get NO as an answer, remember N.O. means "Next Opportunity"

Positive thinking!!!!