



Acts of Kindness

Stick up a positive quote or picture next to your mirror

Smile and say hello to teachers you pass every day

Pick up some rubbish lying around in the playground

Take a social media free day

Give up your seat on public transport to someone in need

Spend some time in a park or other green space

Listen to a favourite song

Donate old clothes to charity or a homeless shelter

Call a friend that you haven't spoken to for a while

Volunteer at a local charity shop – this can get you some good work experience too!

Practice mindfulness using the Headspace app

Tell your family members how much you love and appreciate them

Give yourself permission to say no



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Mental Health Foundation

