

# Mental Health Awareness Week

**The**

**7 Day**

**KINDNESS**

**Challenge!**

**Monday**

**Make a cup of tea for someone in your family**

**Tuesday**

**Send someone you haven't seen in ages a letter or a postcard**

**Wednesday**

**Donate food or clothes to people in need**

**Thursday**

**Bake a cake or some biscuits to cheer someone up**

**Friday**

**Ask your parents for a chore that would really help them out**

**Saturday**

**Video call someone you know is feeling a bit lonely**

**Sunday**

**Be kind to yourself and spend some time on YOU!**