



## Mental Health in Schools Team Tips For Wellness



# Thoughtful

Being thoughtful is when we think about not only our needs and feelings, but also the needs and feelings of other people. There are lots of ways we can brighten up someone else's day by being thoughtful. Small things, such as being kind and helpful, can really make a positive impact on those around us. Thoughtfulness can spread happiness and help to encourage positive thinking.

Try to reflect on as many times as you can when people have been thoughtful towards you over the past week. There will have been more times than you think! How did it make you feel? Is there a way you could be thoughtful towards these people over the next week?

### Our tips for being thoughtful:

1. Say 'hello' to a friend or teacher.
2. Ask a friend or teacher if you can help them.
3. If somebody needs a friend, be there to listen.
4. Do something kind for somebody else.
5. Think about other people and what they would like or need.
6. Smile at others to make them feel happy and relaxed.
7. Do something considerate for others, such as offering to help.
8. Speak kind or comforting words.
9. Show the person who is speaking to you that you are really interested by asking questions and listening carefully to the answers.
10. Hold the door open for the person behind you.
11. Give someone a compliment.
12. Listen to other people's ideas and thoughts.
13. If you see someone struggling, ask if you can do anything to help them.
14. Tidy up after yourself, both at home and at school!

**In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.**

**MHST are available to support you and your school throughout the school year including term time and school holidays.**

**Please contact your school's Mental Health Lead for information and advice.**