

# Being Kind to Yourself Matters

5<sup>th</sup> - 11<sup>th</sup> FEBRUARY  
2024

Children's Mental Health Week

## Teacher Resource Pack



Unlocking Potential

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# Children's Mental Health Week Theme

This year our theme is:

**Being Kind to Yourself Matters**



So...why has UP chosen this theme?

We all know being kind to others is so important, but sometimes we can forget to be kind to ourselves too.

**Learning objective: To practice self-care, begin to understand your what empties your cup and learn what fills your cup.**

# Filling Your Cup Analogy

Everyone has an emotions cup which is filled up by positive feelings and thoughts.

Throughout the day our cup will naturally fill and empty a little, this is completely normal.

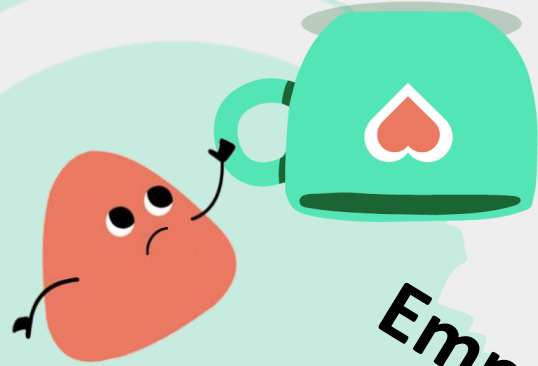
Sometimes something **BIG** might happen, causing all our positive thoughts and feelings to disappear, leaving us with an empty cup.

One of the ways we can fill our cup is being kind to ourselves and doing things that refill it.

Sometimes other people can top up our cups for us too!



# Signs Your Cup Is Either:



**Empty**

Feeling Stress & Strain

Sad & Upset

Tired

Low in Mood

Lonely & Isolated

**Full**

Happy & Playful

Energised & optimistic

Safe & secure

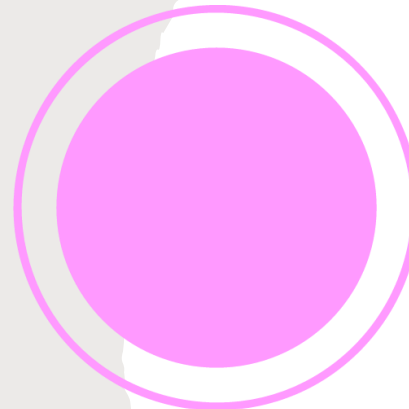
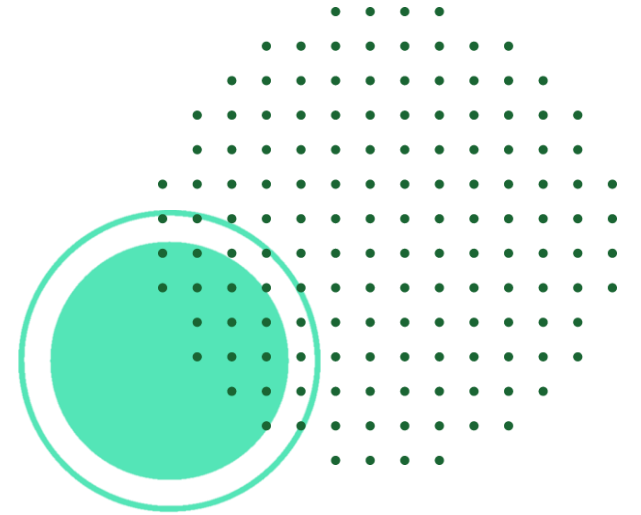
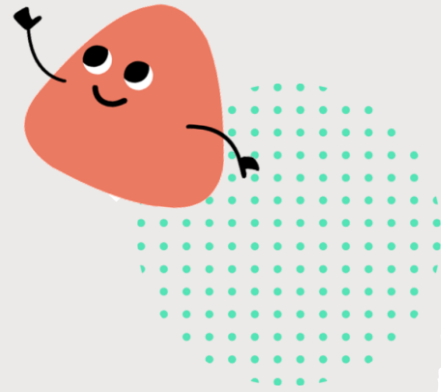
Loved

Warm



# How can I Be Kind to Myself and Fill my Cup?

- Listening to your mind and body
- Putting yourself first sometimes
- Trying to do something every day that brings you joy
- Thinking positively about yourself and being your own cheerleader
- Can anyone give me another example?



# Activity 1 – Kind Thoughts of the Day

Can you think of 3 other kind thoughts you could say to yourself today?

1. I am trying my best
2. I can start again
3. If someone else made this mistake, I would forgive them
4. I am learning to do this
5. I made a mistake and that's okay
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

*Quote*

You will never speak to anyone more than you speak to yourself in your head.

Be kind to yourself always

*Unknown Author*

# Activity 1 – Kind Thoughts of the Day

Can you think of 3 other kind thoughts you could say to yourself today?

I am grateful for:

1. \_\_\_\_\_

Something that brings me joy is:

2. \_\_\_\_\_

One gift I want to give myself next year is:

3. \_\_\_\_\_

I am proud of myself because:

4. \_\_\_\_\_

*Quote*

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than you speak to yourself in your  
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## Activity 2

# What Makes You Happy and Fills Your Cup



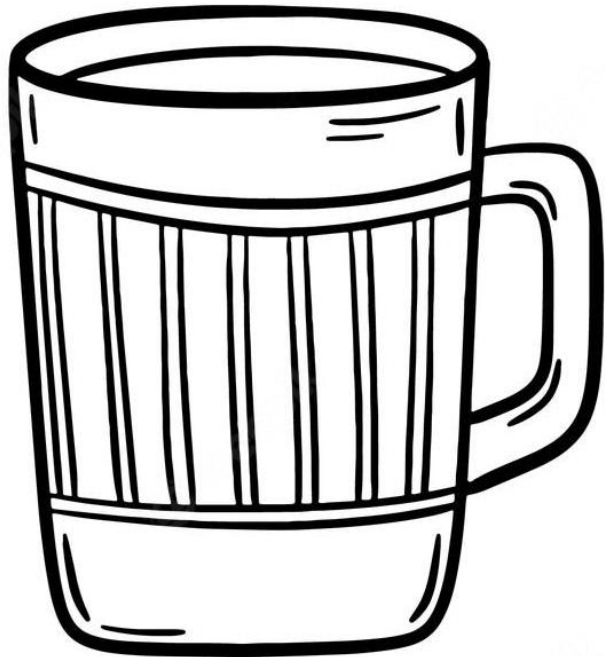
Activity:

Talk to the person next to you about the things that make you happy.

Choose one thing for each cup and colour them in!

Cups can be displayed in class or as a joint display.





## Activity 3

# What Makes You unhappy and empties Your Cup

### Activity:

Talk to the person next to you about the things that make you unhappy and empty your cup.

You can use your ideas from activity 2 as a solution to help you re-fill your cup.



# Activity 4 – Whole Classroom Kindness

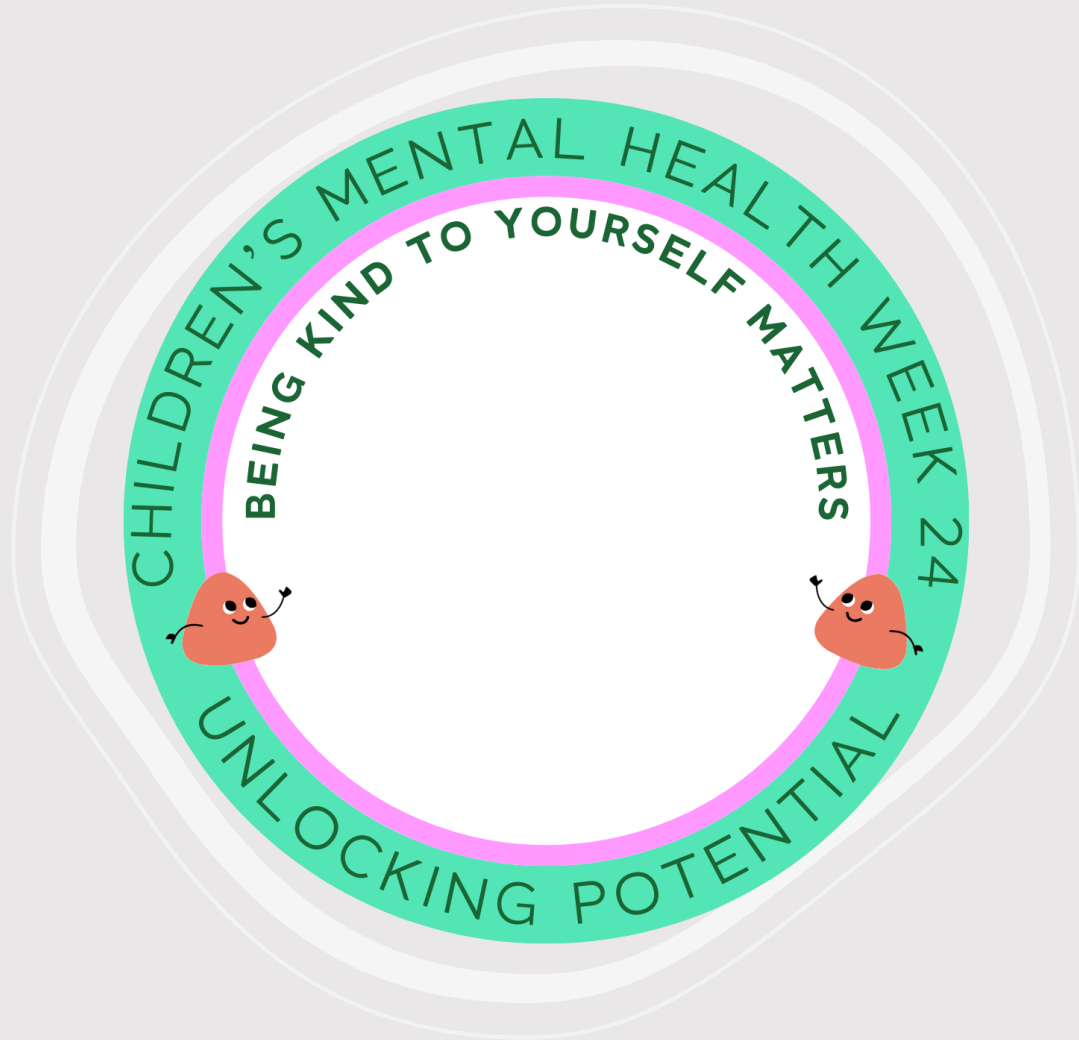
Today we are going to fill each other's cups with kindness

1. Everyone in the class, INCLUDING the teaching staff will tape a piece of plain paper on their back
2. Everyone should have a coloured felt tip
3. The activity is to write something kind on everyone's piece of paper, it can also be something that you like about them, your grateful for, or even admire about them!
4. For example...

You make me smile and laugh,  
You're a good friend,  
You're great at sports,  
When I feel sad your always there to help,  
You're kind



# Activity 5 – Sticker Drawing



Draw something in the centre of your sticker that helps re-fill your cup.

For example, this could be playing a sport, doing a craft activity, or spending time with friends or family.

