


My Kindness Worksheet

K.I.N.D.N.E.S.S. Ingredients	Examples	What I do already and what I'd like to try
<p>Keep learning It's common to feel a sense of wonder and/or achievement when you've learnt something new, be it mastering a new song or learning about the natural world. What would you like to learn about or do?</p> <p>Interact Interacting, connecting and communicating with friends and family can boost wellbeing. How could you interact and communicate more?</p> <p>Notice It's important to notice and acknowledge how you feel. Do you notice when your mood takes a nosedive and when it gets a boost?</p> <p>Decide Making decisions that have your wellbeing at heart can help you live a fulfilling life (instead of a life that's driven by fear or avoidance). What decisions can you make that are good for your wellbeing?</p>	<p><i>Reading a book, following a nature trail, doing a crossword or puzzle, learning to play a musical instrument, visiting a museum or animal sanctuary.</i></p>  <p><i>Joining a team, group or a band, going out or visiting family or friends, arranging a party or playing a game.</i></p> <p><i>Asking for help when you need it (or noticing when someone you care about needs help), talking to friends, family, work colleagues or a therapist. Remember it's 'OK not to be OK'.</i></p> <p><i>Making plans for your future, having a hobby, enrolling on a course, setting yourself a challenge, facing fears.</i></p>	

Nurture Being kind to yourself. If you're having a bad day, think about what will help you feel better. How do you look after yourself and how might you build on that? Does it help to have 'time out' on your own when things are difficult, or does it help if you're around animals or nature?

Exercise Being active increases the release of feel-good hormones and exercise can help you connect with other people. What physical activities do you like to do and what activities might you want to try?

Self-care Looking after your physical and mental health can give your wellbeing a boost. What could you improve? What helps you relax or have fun? What can you do to pamper or treat yourself?

Support others A kind word or gesture can brighten up somebody else's day and make you feel good. How could you support others?



Asking yourself 'How can I show myself kindness today?' Painting a picture, being in nature, listening to music, watching a comedy, talking to somebody or writing about how you feel. Remember if things don't go your way, be kind to yourself.



Going for a walk, trying a fitness app, working out, trying a new exercise class with a friend, taking your dog or a neighbour's dog out for a walk.

Having healthy eating and sleeping habits, having your hair cut, going to a spa, buying yourself some flowers, going to the beach, acknowledging achievements.

Volunteering to help others, being involved with a charity, giving somebody a compliment, being kind to somebody by sending them a supportive text message, card or note.