

June 10th 2020



To learn more about mental health and to find resources in your community:

[UCDSB Website](#)



1.866.531.2600  
www.ConnexOntario.ca



Kindness is being friendly, generous, compassionate, and considerate. Being kind often requires courage and strength. It is a skill that can be taught and practiced. There are many different ways to practice kindness. One way is to notice when people are in need. Do you notice when people need your help?

Kindness can mean giving honest compliments, sending a thank-you note, telling someone they are special to you, sharing what you have, or refusing to gossip. And remember, kindness includes being kind to yourself. Do you take good care of your physical and mental health ([self-care](#)), remind yourself of your strengths, allow yourself to learn from mistakes? Challenge yourself, your friends, and your family to do at least one kind thing every day. You'll notice it makes you and everyone around you feel positive - happy, hopeful, grateful and content - and the kindnesses will multiply!

**DID YOU KNOW?  
AN ACT OF KINDNESS CAN:**

- ✓ DECREASE STRESS
- ✓ BOOST HAPPINESS
- ✓ LOWER BLOOD PRESSURE
- ✓ RELEASE FEEL-GOOD CHEMICALS (serotonin & oxytocin)
- ✓ INSPIRE MORE KINDNESS!

randomactsofkindness.org




Read what two NHL players had to say to [Kids Help Phone](#) about giving back to the community. Helping your community is an act of kindness with purpose!

Talking with children about world events is not always easy. Speaking with them about racism can be harder still. Talking, listening, learning, and caring are important attributes and activities all of the time but especially right now. Here are two links that may be helpful for families.

- \* CTV News: [Talking to kids about racism and violence](#)
- \* ChildMind.Org: [Helping kids understand the news](#)

Or learn more by reading or listening: [Books to read with children](#) and [Young Adult fiction by Black authors](#) and this collection that looks at the [fight against discrimination and racism in Canada](#).



Call 1-800-668-6868 for support or Children and youth text TALK 686868 Adults text WELLNESS 741741