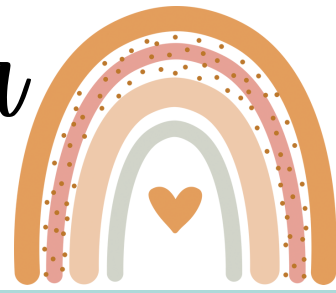




wellbeing newsletter



May 2025

Be Kind.



This half term's newsletter is all about friendships and kindness.

We will discuss:

How to be a good friend

Resolving arguments peacefully

Random acts of kindness

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."

LEO BUSCAGLIA



How to solve arguments peacefully:

- Listen to what the other person has to say
- Use 'I' statements instead of accusing. For example, say 'I feel frustrated when...' instead of 'You make me angry'.
- Deal with your emotions first, then come back and resolve the problem.
- Put yourself in the other person's shoes. Think about how they feel.
- Think beyond just this one incident; are you going to not be friends because of one thing that upset you?

Random acts of kindness:

- Hold the door for people
- Compliment someone sincerely
- Play a game with someone lonely
- Eat lunch with people
- Donate food
- Babysit for a friend
- Volunteer your time
- Call a friend you haven't spoken to in a long time
- Help an elderly person
- Tell someone how much you appreciate them
- Make a surprise cup of tea!
- Do something nice for someone without expecting someone in return



What makes a good friend?

Good friends listen...

They do not interrupt you when you are talking to them.

They let you know your ideas are important too.

They care about what you have to say.

Good friends are kind and caring...

They are not mean to you.

They give compliments, congratulate you and are happy for you.

They listen, understand and try to help you feel better.

Good friends are trustworthy and honest...

You can count on them to keep your secrets.

They will tell the truth, even when it's not easy.

They will keep their promises and do what they say they will do.

They won't talk behind your back and they don't pretend to be someone they're not.




Good friends respect your feelings and opinions...

Even if they don't always agree with you, a good friend listens and shows respect for your thoughts and emotions.

You will not fall out over differing opinions.

You can learn from each other.

Good friends apologise when they have done something wrong...

Everyone makes mistakes, but a good friend says sorry and tries to make things right when they've hurt you.

Good friends have fun with you and make you laugh...

They bring joy, laughter and fun into your life.

Spending time with them makes you feel happy and relaxed.

