

KINDLY CREATED BY THE NORFOLK MENTAL HEALTH SUPPORT TEAMS IN SCHOOLS

# A Little Fun and Kindness From Ormiston Families



We know everyone might be feeling overwhelmed and getting loads of information at the moment so please only do these activities if you feel like it.

Use this hashtag **#KindnessMatters** to share your ideas and activities on Ormiston Families Twitter, Facebook or Instagram pages



@Ormiston Family



OrmistonFamilies



@Ormiston

## Fun and Kindness Jar

TO DO

1. Find a jar/bowl/hat/bag – anything you have to hand to put bits of paper in.
2. Cut a piece of paper in to strips and write an activity idea or message on each one, see below for some inspiration.
3. Fold each strip and pop it in the jar, or whatever you are using.
4. Whenever you feel like doing something together or fancy reading out a message, just reach into your jar and choose a piece of paper.



### Message Ideas

- You make me smile!
- You can do this!
- You rock!
- I love you
- Tell a funny joke

### Activity Ideas

- Make playdough
- Write a letter
- Build a den
- Start a nature diary
- Draw a picture
- Find tiny treasure

TO DO



## Take a Break

Go outside and find an object for each colour of the rainbow!

TO MAKE

## Make a Den

If you have a garden, try having a go at building a makeshift tent, you can use old blankets/sheets/sticks. If you don't have a garden, see if you can find a nice area to make one in your house. You could decorate it with pictures, or even add your own flag! Den's make a great place for a picnic, or a nice space to read a book.



## Kind Words

- Caring
- Happy
- Nice
- Beautiful
- Friendly
- Clever
- Brilliant
- Helpful

BE KIND

## Have a Birthday Party for a Toy

Why not create your very own birthday party for your favourite toy. You could have a birthday tea or even make them a birthday cake! Invite your family along too, maybe you could make some birthday invitations or even some party hats!



TO DO

## Scavenger Hunt

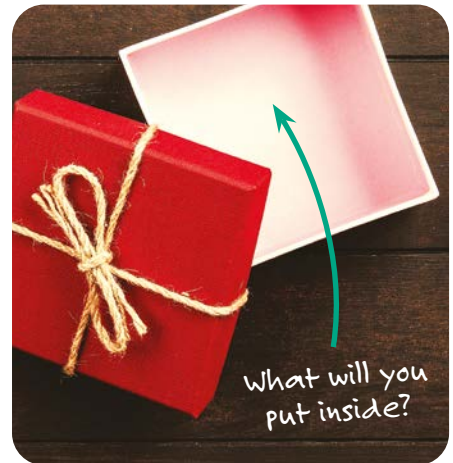
Can you find something for every letter of the alphabet?



TO DO

## Tiny Treasure

Find a really small box – like an empty match box or a small pot. See how many things you can fit in the box/pot.



TO MAKE

## Nature Diary

- Go for a walk outside or in your garden and see what you can find.
- Collect some smaller items such as leaves and flowers.
- Use glue or sticky tape to stick them to paper or into a diary.
- Share your finds with your family.



BE KIND

## Family Flower

- Make a Kindness Flower for someone special at home.
- Draw a picture of a flower putting your chosen person's name or a picture of them in the middle of it. Draw or write the things you love about them in the petals. When you have finished give it to them as a gift!

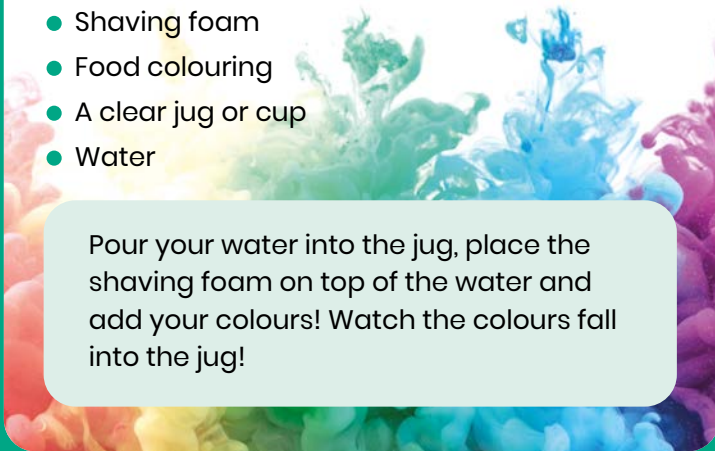


## Rainbow Rain Clouds

TO MAKE

- Shaving foam
- Food colouring
- A clear jug or cup
- Water

Pour your water into the jug, place the shaving foam on top of the water and add your colours! Watch the colours fall into the jug!



## Lego Balloon Car

TO MAKE

- Balloons
- Lego

This might look tricky, but you and an adult can see what types of cars you can make and see which car is the fastest!

Don't forget to blow up your balloon!



## Send a Letter of Kindness

Write or draw a letter to someone who you would like to share your kindness with.

BE KIND



## Playdough Recipe

TO MAKE

- 2 x cups of plain flour
- 1 x cup of table salt
- 1 x tablespoon of oil
- 2 x cups of hot water (be careful)
- Food colouring of your choice

Mix all the ingredients together in a bowl with a spoon! Once the water has cooled down you can use your hands to squash your playdough together! What are you going to make?



## Viewfinder Story Activity

TO DO

- Find yourself some cardboard
- Cut a large rectangle out of the cardboard
- Once you have your big rectangle then you can cut a smaller one inside to make a window
- Decorate your viewfinder however you like!

Once you have finished see what different views you can see, just like a camera

You could take this on your walks too! You might see lots of different views throughout the day. If you like, you could make a story with all the places you have seen in your window.





If you would like to help us to continue supporting families in the East of England to build their resilience and make choices to improve the life chances of their children, please visit [www.ormiston.org/donate](http://www.ormiston.org/donate) or text 2ORM to donate £2, 5ORM to donate £5 or 10ORM to donate £10 to 70450 to make a one-off donation.

Texts cost £5/£10 plus one standard rate message

Registered Office: Unit 17, The Drift, Nacton Road, Ipswich, Suffolk, IP3 9QR  
Registered Charity Number: 1015716 Registered Company Number: 2769307



© Ormiston Families 2020