



Baseline assessment on Kindness - using this Mindmap, pupils are encouraged to collect their ideas about what 'mentally healthy' means to them.

They could also consider how being mentally healthy might relate to expressing emotions in a kind and considerate manner.

This resource is available to download from The REZ website -

<https://www.jointherez.com/crumblies/#classroom>

For additional support, visit <https://www.nhs.uk/nhs-services/mental-health-services/mental-health-services-for-young-people/children-young-people-mental-health-services-cypmhs/>