

Kindness

“No act of kindness, no matter how small, is ever wasted.” Aesop

Dear Families,

As we seemed to be returning to some sense of normality in our community, we find ourselves in another lockdown. For some families, this will be a chance to connect and spend time together. Others will find lockdown challenging, facing a variety of stressful situations.

Last week I wrote about gratitude, and how gratitude can help us to be connected to the present, rather than thinking about the past or dreaming of the future. During this fourth lockdown, being grateful for what we have in our community may be helpful to get us through this challenging time. But that may be easier said than done.

For those of us who are feeling grateful for what we have, we might choose to consider others in our community who may be struggling. What could we do to help those people or families? How could we make a difference to others? Here is a short list of some ideas to show kindness to those in our community who may need some extra support...

- Complete a ‘Random Act of Kindness’ to someone in your neighbourhood.
- Drop a meal over to another family.
- When you are exercising, say “Hello” to as many people as you can. Notice how many people smile back at you (you might need to look at their eyes as masks will cover their mouth!).
- Write a card to someone and drop it into their letterbox.
- Pick some flowers from your garden and give them away.
- Cook some biscuits or a cake and deliver them to someone else.
- Make a kindness poster and display it in your front window or on the front fence.
- Draw a picture for someone and put it in their letterbox.
- Make a card for someone at OGPS – it could be another student, a teacher, someone who works in the office, or a cleaner.
- Phone or videocall someone you haven’t contacted in a while.

If you are experiencing any stress or worry during this time, please talk to a friend, or get some help. There are many services and [Beyond Blue](http://www.beyondblue.org.au/) (www.beyondblue.org.au/) could be a good place to start.

“Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.” Lao Tzu

Stay well and stay safe,

Andy McNeilly

Mental Health and Wellbeing Coordinator

