

# Mental Health Matters Wales

## Activity Pack

### Kindness

#### Mental Health Matters Wales Aim

Our Therapeutic Support Service aims to make every effort in creating a friendly hospital environment. Our therapeutic activities focus on maintaining a sense of identity and purpose. We provide a safe, friendly and adaptable network of support using evidence based approaches including:

- Validation
- Creative
- Activity
- Reality Orientation
- Socialisation
- Physical Exercise

#### Mental Health Matters Wales Mission

To enrich nursing support provided by the NHS to ensure patients are treated with understanding and dignity in hospital and encouraged to participate in socialising activities in order to maintain their optimum well-being.

The provision of routine and therapeutic activities to patients who are 'ready for transfer' and are awaiting placement to a care home or complex package of care in their own home.

To increase the overall environmental, emotional and physical wellbeing of patients whilst reducing their fears and confusion in a hospital setting.



**MHM Wales**



**Better  
Together**



**Wellbeing  
Hubs**



**Therapeutic  
Support**

This activity book has  
been kindly printed by



Cardiff and Vale University  
Health Board Voluntary Services

## Aim of Pack:

To create activities that celebrate...

### 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

### The Benefits of these Activities include but are not limited to

#### Better Communication

Participants living with a cognitive impairment and other illnesses may express feelings by drawing pictures.

#### Improved Coordination

Activities can delay the loss of muscle control.

#### Relaxation

It is a wonderful distraction from the blues, chronic pain, and other stressful situations.

#### Pride

There can be immense satisfaction and pleasure taken from drawing projects.



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# FIVE

*Side effects of*

# KINDNESS

## A Healthy Heart

Emotional warmth produces oxytocin in the brain and body. Nitric oxide that is released and runs in and expands the blood vessels, which helps in lowering blood pressure



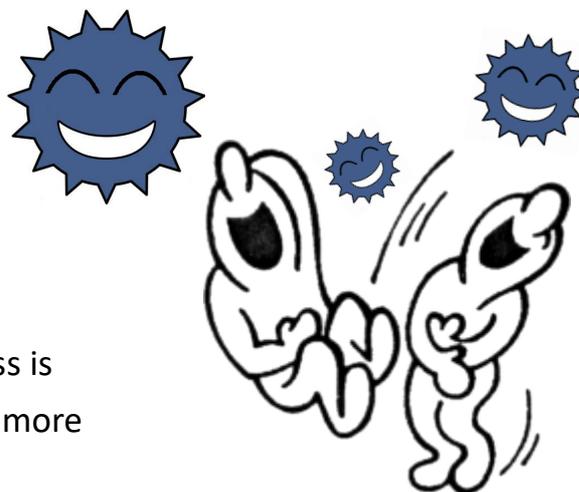
## Better Relationships

Kindness helps to reduce the emotional barrier between two people and allows people to be more open and bonded with each other

**Joy** *Caused by elevated levels of dopamine in our brain, which helps lift our spirits*

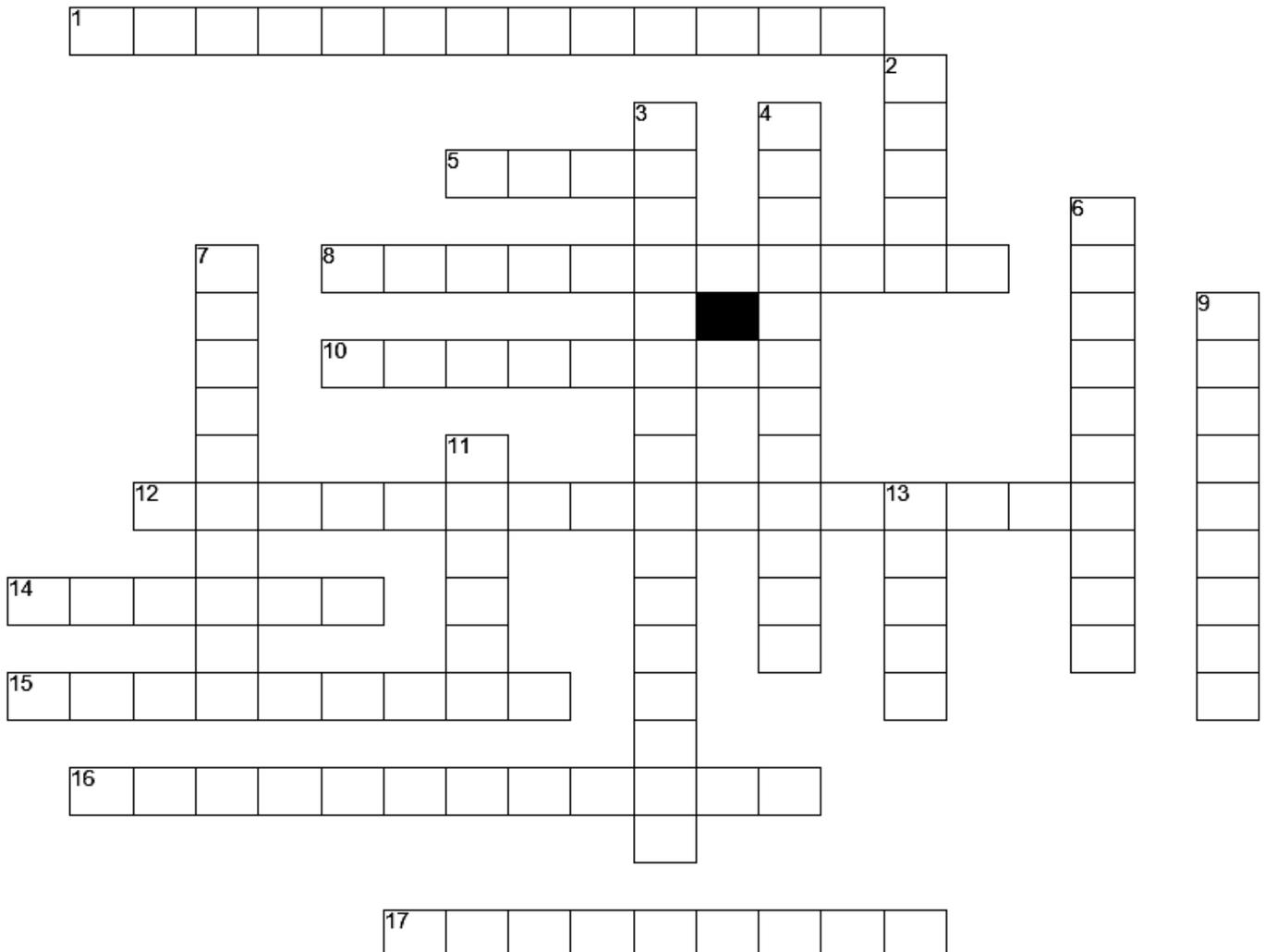
## Anti-ageing

Oxytocin also helps in slowing down the ageing process by reducing high levels of free radicals and inflammation of the cardiovascular system



**Contagious** The ripple effect of kindness is continuously passed on and inspires more and more people to be kind!

# Kind Word Crossword



# Crossword Clues

## Across

1. This story of love and kindness told of the unlikely friendship between a spider and a pig!
5. What don't you have to be to be generous?
8. Which singer sang the lyrics "It's going to be a lovely day! "and invited us to "Lean on me"?
10. What is the best medicine according to many?
12. "We make a living by what we get, but we make a life by what we give." Which Prime Minister said it?
14. Mahatma Gandhi told us to be the WHAT that we wish to see in the world?
15. "One person can make a difference and everyone should try" was said by which US President?
16. Shirley MacLaine played the lead in this 1969 film adapted from the musical of the same name!
17. Which author of "Tom Sawyer" said that "kindness is the language which the deaf can hear and the blind can see"

## Down

2. A spoonful of what helped the medicine go down according to Mary Poppins?
3. Who told Winnie the Pooh he was braver, stronger and smarter than he knew?
4. "It's not how much you do but how much love you put into it that counts" was said by which Catholic nun?
6. Which Theme park where dreams come true is said to be "The happiest place on Earth"?
7. What did Jiminy Cricket say should always be your guide?
9. This monk said "Be kind whenever possible, it is always possible"
11. "Happiness is the richest thing we will ever own" was said by which Disney Duck?
13. Which is the most popular charitable organisation in the UK? The British what Foundation?

# Words of Kindness Word Search

U E Y G E C N A T P E C C A J J L  
 X R D H U B S E R V I T U D E G Q  
 Z W R U T I G E N E R O U S N Y V  
 B I L V T A D W T O R B M I G S J  
 U G Y A V I P A U F G A D C N G E  
 G N H C N H T M N R I N Q O I S N  
 N I B E E O E A E C A G W M T L C  
 I R E I L J I A R T E X A P A G O  
 V A K G A P S T S G V O X A I T U  
 I H C M I S F R I F O I N S C R R  
 G S A Y U V E U V D L H E S E O A  
 R E R R T D I D L G N L I I R F G  
 O Z I J N I I N J G F O O O P M E  
 F N N U J E R M G L B A C N P O M  
 G K G R N I X A E Q O I W N A C E  
 B F R I E N D S H I P F O V U C N  
 Y A L Z U N S V E C N E I T A P T

Unbiased      A Gift      Guidance      Reassuring      Sharing

Encouragement      Comfort      Gratitude      Appreciating

Unconditional      Selfless      Helpful      Servitude      Acceptance

Charity      Understanding      Empathy      Friendship      Patience

Love      Compassion      Forgiving      Giving      Caring      Generous

# Happiness Word Grid

*How many individual words of 3 or more letters can you make from the letters in HAPPINESS?*

H	A	P
P	I	N
E	S	S

😊	😊	😊
😊	😊	😊
😊	😊	😊
😊	😊	😊
😊	😊	😊
😊	😊	😊
😊	😊	😊

# Word Shuffle

1. VEIG A TIGF \_\_\_\_\_
2. WRTEI A RELTET \_\_\_\_\_
3. ISELM \_\_\_\_\_
4. NOHEP A IRNFDE \_\_\_\_\_
5. UGH OSEMEON \_\_\_\_\_
6. LNED AN REA \_\_\_\_\_
7. EB A RFINDE \_\_\_\_\_
8. SYA KDNI OSWRD \_\_\_\_\_
9. ETREG OVEEYRNE \_\_\_\_\_
10. PELH OSMONEE LEES \_\_\_\_\_
11. KBEA A EACK \_\_\_\_\_
12. HUGAL OTU DLOU \_\_\_\_\_
13. AGNEOCRUE RHETOS \_\_\_\_\_
14. EB EPATTNI \_\_\_\_\_
15. MAKE A CDRA \_\_\_\_\_
16. LDOH A DNAH \_\_\_\_\_
17. OFOCMRT \_\_\_\_\_
18. KAEM A IRFDEFCENE \_\_\_\_\_
19. BE NDKI OT UOY \_\_\_\_\_
20. FEOIGRV \_\_\_\_\_



# Kindness Matters Words Match

- |  |                                     |
|--|-------------------------------------|
| 1. Charity begins...                       | A. ...is a problem halved           |
| 2. Patience is a...                        | B. ...everyone can help someone     |
| 3. If you can't say something good...      | C. ...medicine                      |
| 4. Goodness and Mercy...                   | D. ...a little help from my friends |
| 5. Love is patient...                      | E. ...love is kind                  |
| 6. Keep Britain...                         | F. ...contagious                    |
| 7. A problem shared...                     | G. ...rainbows                      |
| 8. In a world where you can be anything... | H. ...hip hip hip hooray            |
| 9. I'll get by with...                     | I. ...be kind                       |
| 10. Nothing is impossible the word...      | J. ...itself says I'm impossible    |
| 11. Don't worry...                         | K. ...at home                       |
| 12. Laughter is the best...                | L. ...be happy                      |
| 13. You can't help everyone but...         | M. ...wherever you go               |
| 14. When it rains , look for the...        | N. ...giving                        |
| 15. When it's dark, look for...            | O. ...follow me all of my days      |
| 16. The Sun has got his hat on...          | P. ...virtue                        |
| 17. Smiles are...                          | Q. ...means everything              |
| 18. Kindness cost nothing but...           | R. ...Tidy                          |
| 19. Scatter seeds of kindness...           | S. ...say nothing at all            |
| 20. No one has ever become poor by...      | T. ...stars                         |



## Do Not Judge Too Hard

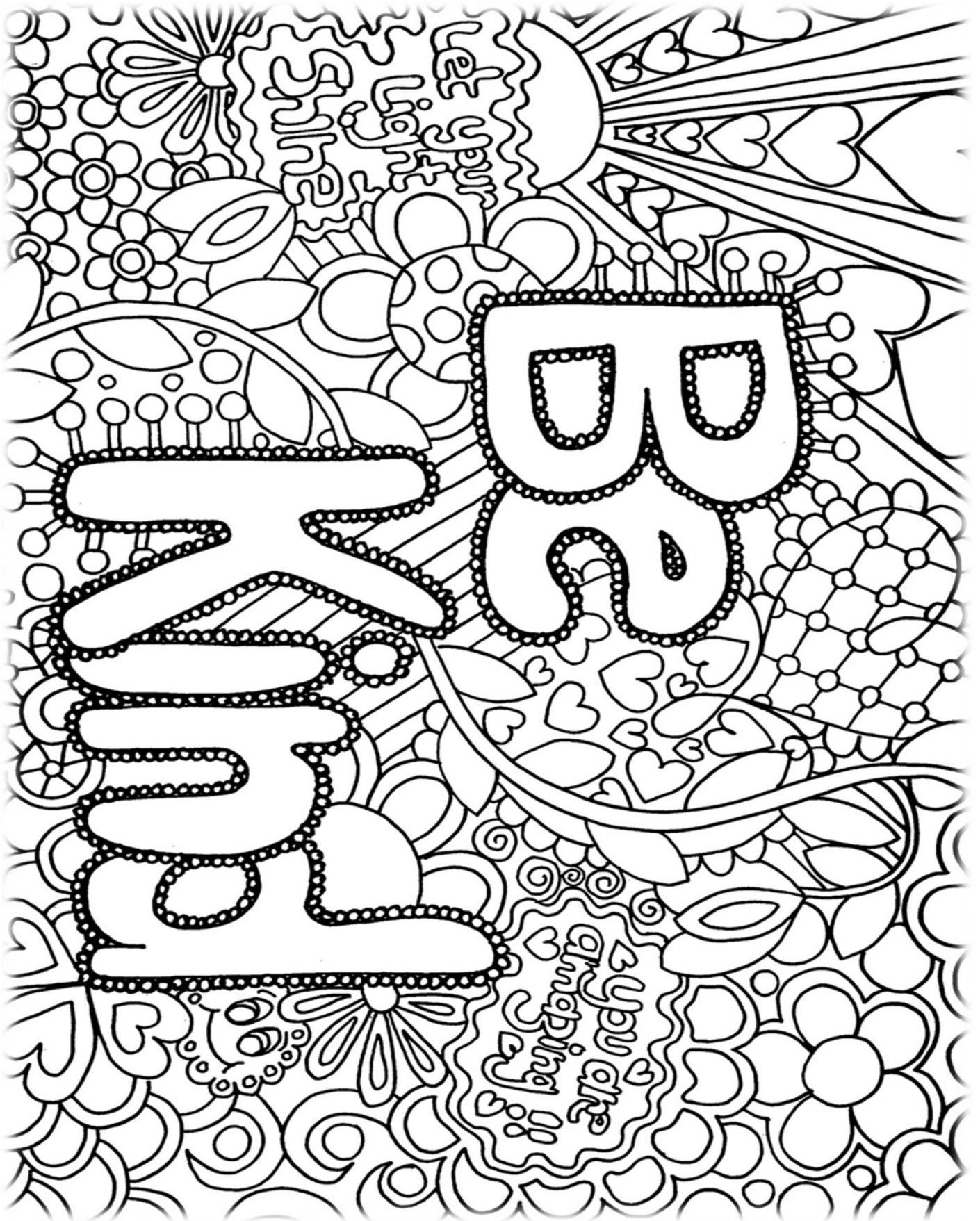
Pray don't find fault with the man who limps  
Or stumbles along the road  
Unless you have worn the shoes that hurt  
Or struggle beneath his load  
There may be tacks in his shoes that hurt,  
Though hidden away from view  
Or the burden he bares, placed on your back,  
Might cause you to stumble, too.

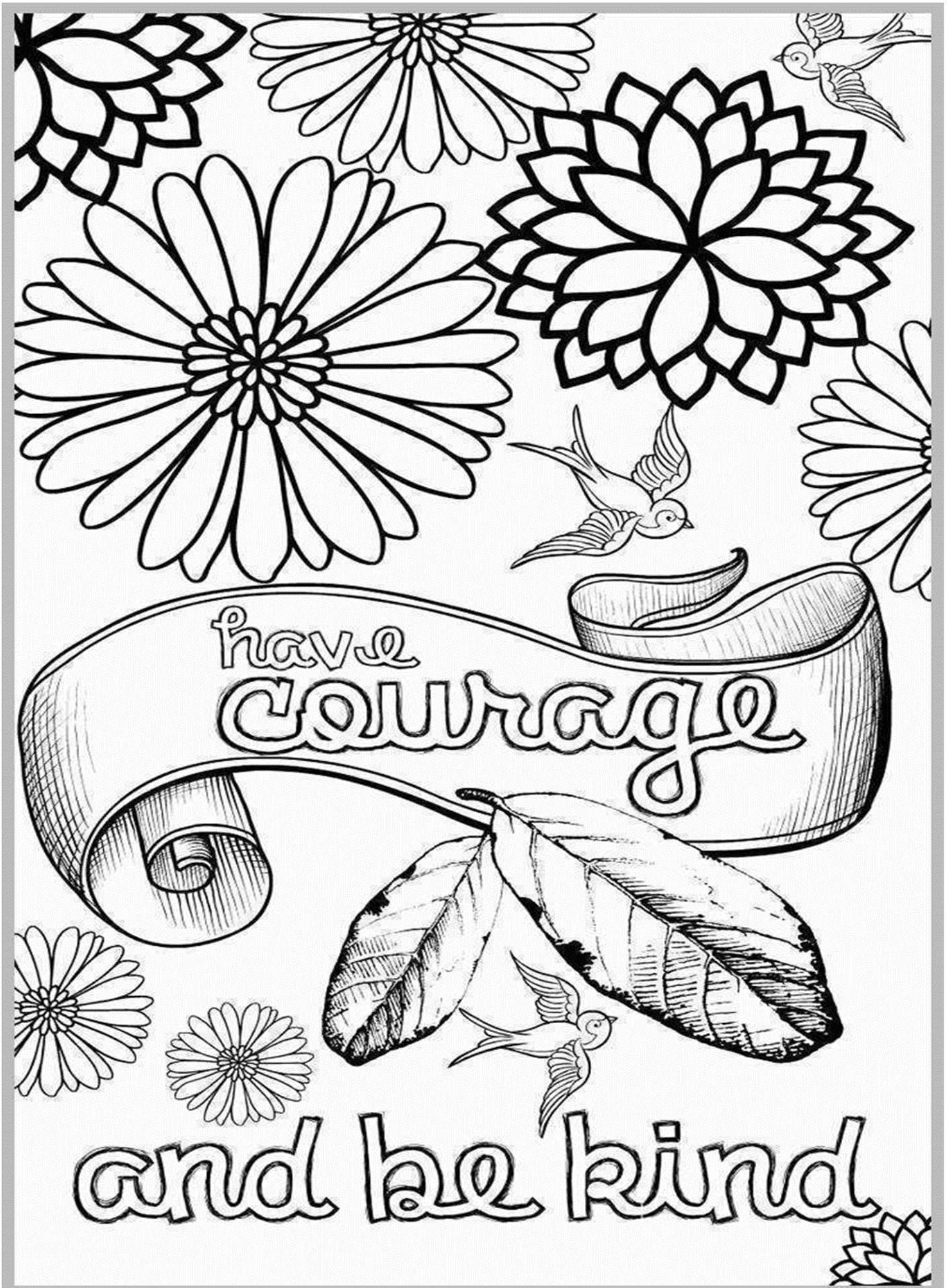
Don't sneer at the man who's down today  
Unless you have felt the blow  
That caused his fall,  
or felt the same,  
that only the fallen know.

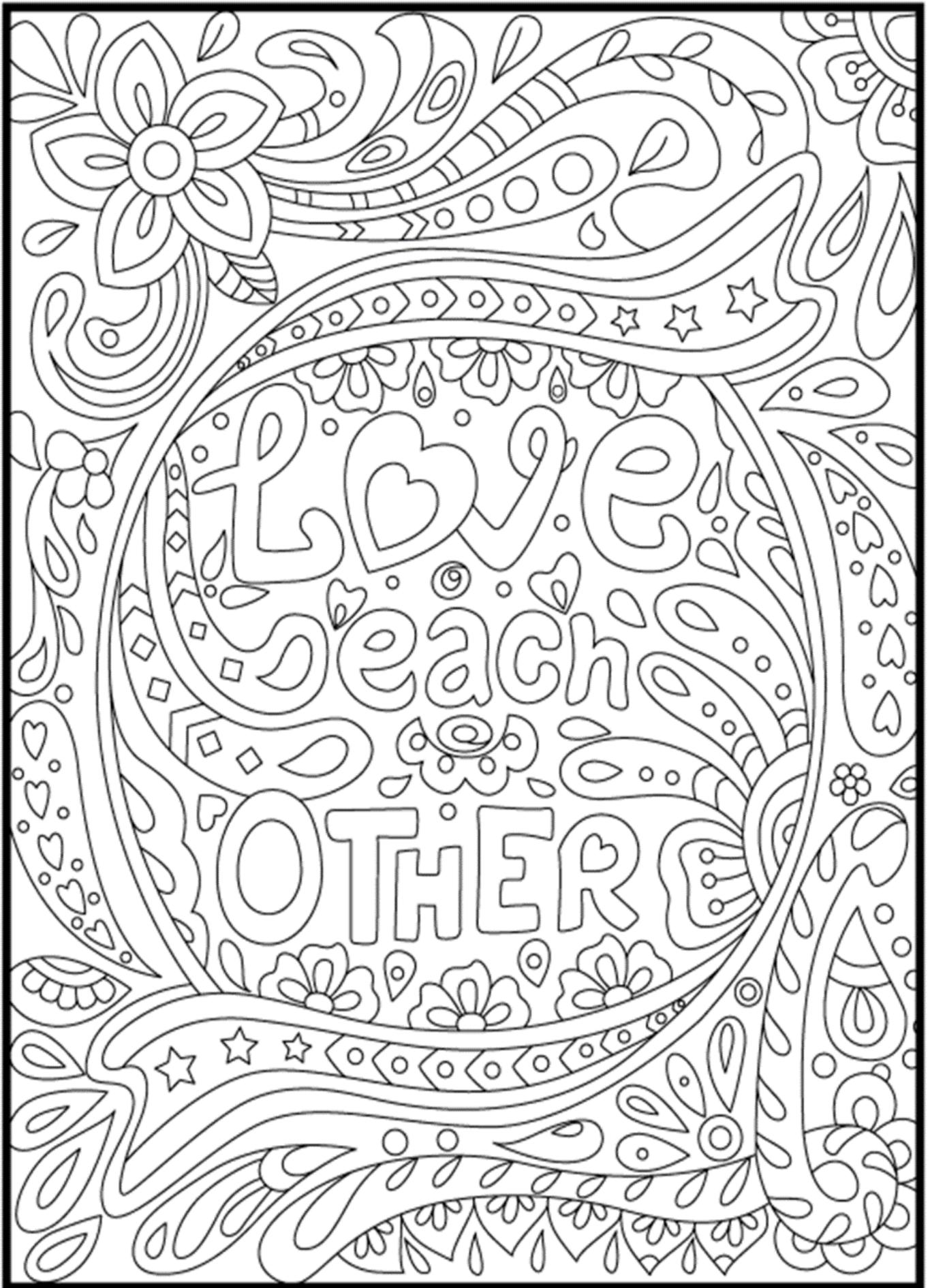
You may be strong, but still the blows  
Those were his, if dealt to you  
In the self-same way at the self-same time,  
Might cause you to stagger, too

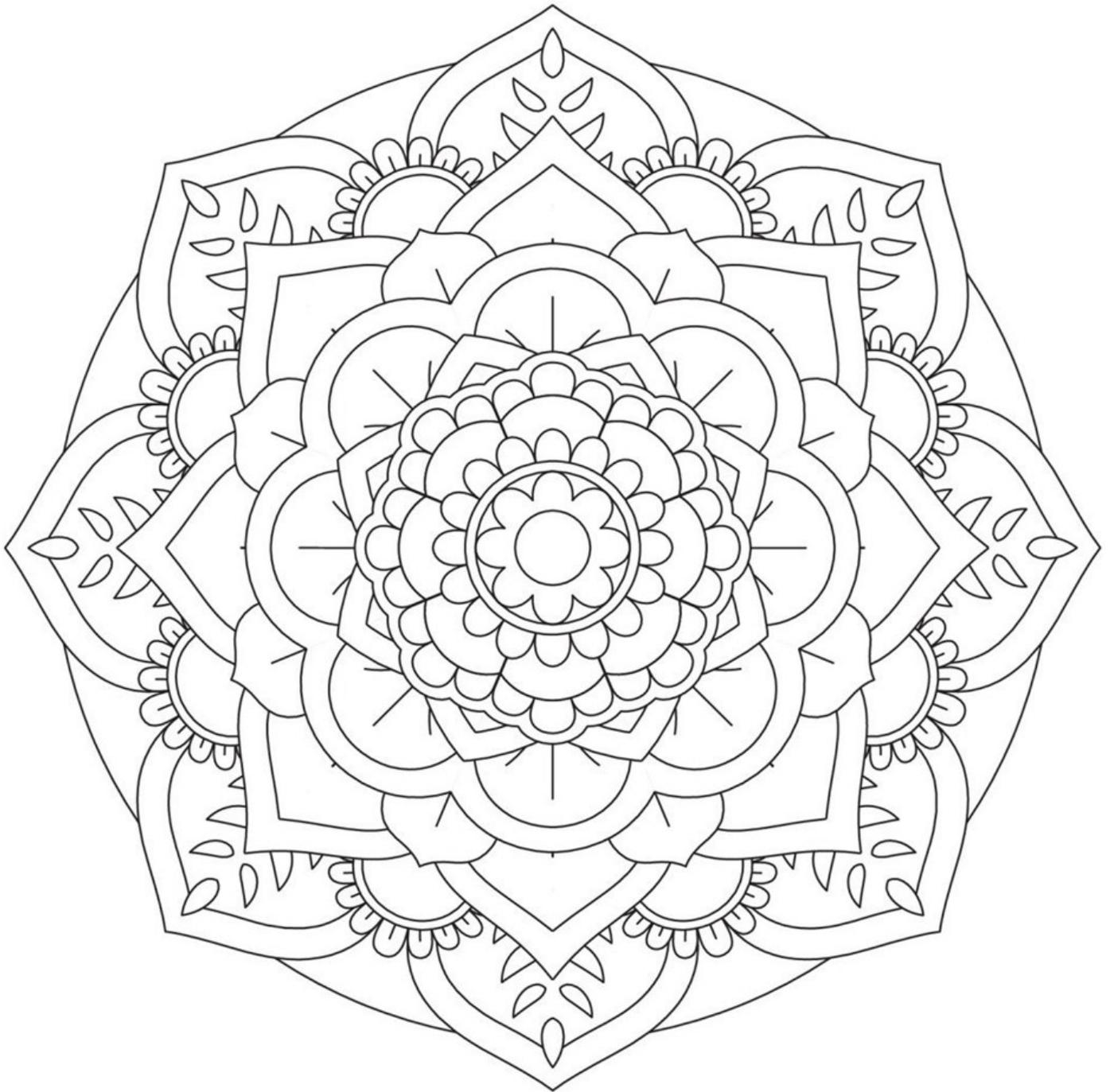
Don't be too harsh with the man who sins  
Or pelt him with words or stones,  
Unless you are sure, doubly sure,  
That you have no sins of your own  
For you know perhaps, if the tempters voice  
Should whisper as soft to you as it did to him when he went astray,  
it would cause you to falter too.

# Colouring Pages









**B** **e** **k** **i** **n** **d**

# My Weekly Planner

MORNING

AFTERNOON

EVENING

<b>S</b>			
<b>M</b>			
<b>T</b>			
<b>W</b>			
<b>T</b>			
<b>F</b>			
<b>S</b>			

HIGHLIGHTS OF MY WEEK

THINGS TO REMEMBER

Kindness is a gift ...  
give it often!

Kind words can  
be short and easy to speak,  
but their echoes are truly  
endless.

*–Mother Teresa*



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