



MENTAL HEALTH WEEK

At The Gainsborough Academy, *We are nice to people* and we would like you to spread your kindness.

Smile more at people!

Perhaps you could post a positive note through

Leave a small gift on a friend or neighbor's

the door of a neighbour or friend on a post

doorstep.

card.

Check in on a friend... send them a goofy

snapchat to make them smile!

Use this postcard template if you want to have a go at making your own.

Write something positive on the left hand side, decorate the front of the post card and then post it through a letterbox.

'We are nice to people'
The Gainsborough Way


