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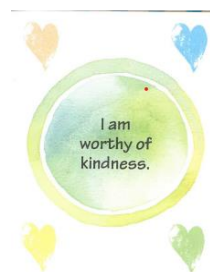
Dear Parents & Carers

29/06/2022

### Accepting Kindness

Many of us find it easier to offer kindness to others than accept it for ourselves. This practice is a chance for you to be open to the many opportunities when people offer you kindness.

- Notice and acknowledge when someone does you a kindness – it might be something they say or something they do for you or for themselves so you don't have to; it might be as simple as holding a door open or genuinely asking how you are today
- A person may do something for you out of kindness that doesn't go according to plan – or that isn't as you would have done it yourself. When this happens, notice the judging thoughts and remind yourself of the intention – the motivation behind the action. That is what is important.
- The invitation is simply to notice and acknowledge these moments – allow yourself to accept them with the warmth and care with which they are offered. Sometimes you may want to notice, too, how it feels physically in the body and emotionally.
- Notice your thinking – particularly any thoughts that undermine the kindness, such as questioning motives or thinking that you don't deserve it. Just acknowledge and receive whatever is being offered with kindly awareness and without judgment.



Have a lovely week everyone and remember to be kind to yourself.

Miss Lockett and Miss Moore  
Wellbeing Lead

<https://www.southwestyorkshire.nhs.uk/wakefield-camhs-resources/>  
<http://www.redcross.org.uk/get-involved/teaching-resources/wellbeing-activities-being-kind-to-yourself>

