



Give

Evidence shows that helping others is actually beneficial for your own mental health and wellbeing. It can help reduce stress, improve your emotional wellbeing and even benefit your physical health.

Give a compliment: Make someone's day by helping them to feel good about themselves.

Make a donation: Have a look around your bedroom or your house and think about the things that you no longer play with or the clothes you no longer wear. There are so many charity shops in our local area that need donations. Could you make someone happy by giving them your old toys?

Acts of kindness: Giving to other people makes everyone feel special but it doesn't have to mean giving someone a present. It could be something as simple as giving someone you love a hug or helping around the house by washing the dishes or dusting.

Recycle: Create a sculpture using old boxes, plastic bottles, yoghurt pots etc. give it to someone special.
You could just sort out some recycling and make sure you recycle everything to help look after our planet.

Support your community: Litter picking with an adult can really make a difference to your community and make it look nice. You could help an elderly neighbour.

Do something nice for a friend: Make and send a card, telling your friend how much you care for them and why they are special to you.

Smile more: Smiling is contagious and makes everyone feel better.

Give a gift: Gifts don't have to be expensive or something that you buy. You could make a picture, drawing, painting or craft for someone, it will be more special to them as it is something you have created and is homemade.

Listen: Take time to listen to someone else and listen to how they are feeling.