

# Free Giving Friday



People who enjoy giving are open to receiving, have improved mental health and wellbeing

- Do something nice for a neighbour or friend
- Thank others who give you their time
- Smile more
- Enjoy helping friends and doing things to help other

1

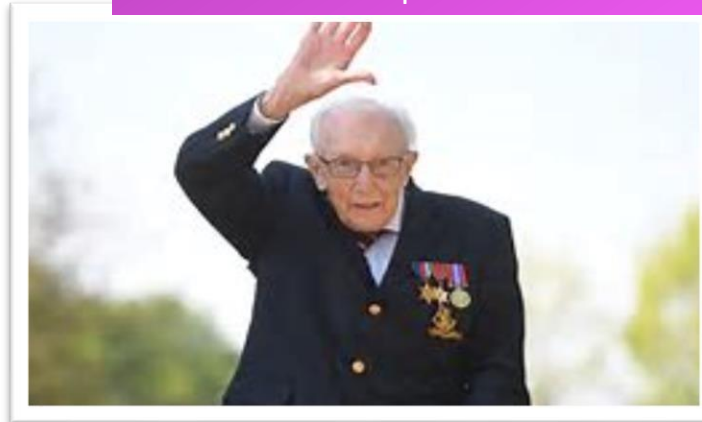
Give someone a wave and a call hello on your social distance walk. The power of a smile/wave can go a long way.



2


Why not send a Thankyou or a Happy Birthday card to Mr Moore, the 99-year-old for his 100th birthday, by sending it to:  
**Captain Tom Moore, C/O Post Office Limited, 67 Bedford Road, Marston Moretaine, MK43 0LA, Bedfordshire, England.**

He walked 100 lengths of his garden before he turns 100 on April 30<sup>th</sup>.



3

Get children to think about 3 things that they are grateful for. Encourage them to be specific and give thanks to the person. Giving and receiving compliments are great wellbeing boosts.

Be grateful,   
enjoy the little things