

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

Give compliments to each other with these positive paper plates. Give each member of the family a paper plate. Write your names in the middle. Pass your plates in one direction, each person then writes a positive word or message before passing it along again. At the end you will have a plate with lots of positive messages about each person.

1



2

Paint a picture and send it to someone. You could post it through their door or send it through the post.

3

Give a little gratitude to nature and help out the bees. If you see them lying still they may need some sugar. You can mix together some water and sugar and feed it to them on a spoon. They will soon be full of energy again and able to walk and fly away.

