

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

Get children to talk to their friends and listen to their friend's worries about returning to school.



2



Get your child to lay the table for mealtimes from their new learnt skill from Wednesday's 'want to learn'. Giving them opportunities to help will boost their wellbeing.

3

Sort through things that you no longer need and leave them in your front garden for others to take and make use of.

