

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 yourself and your family a rest day. Relax and give yourselves a break. Maybe bring blankets or quilts down and relax together watching TV or listening to music. We sometimes feel pressured to be busy and fit lots in our days.



2



Give someone advice and tips you know about calming your emotions. You will teach someone but also learn so much about your own strategies.

3

Hide a secret message to someone in the house. You could write them a letter or tell them all the reasons that you think they're awesome.

