

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

Help your child to give a pamper time to a member of the family. Support them to run a bubble bath, make a drink, play some music and get a book for the person.

1



2



Give someone a giggle by testing out some of your new learnt jokes from Wednesday. It's impossible not to join in with a giggle.

3

Give back to your community by going on a family litter pick. Make sure you take full precautions to protect your family.

