

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

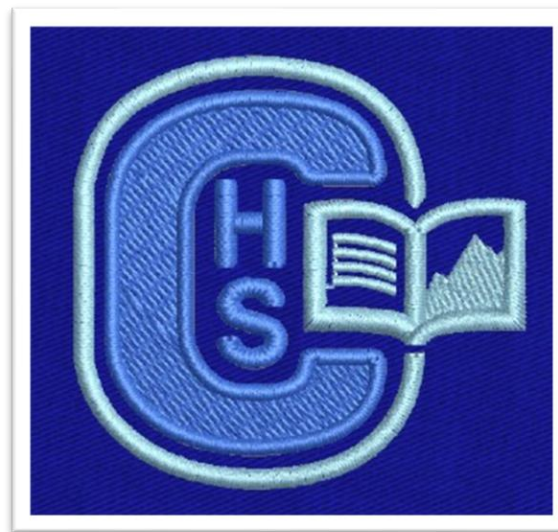
1

Give thanks to your teacher in this last full week of the academic year. Maybe write them a card telling them your favourite part of the year and your most memorable moments.



2

Give away your old school uniform that you have grown out of. Either donate to a local charity shop or give some items to school so that they can be kept for emergencies.



3

Give your siblings or friends some advice about starting a new class. Some children maybe starting in a new part of the building or a new school altogether. Help them out by giving some advice and top tips from your own experiences.

