

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

Encourage your child to give you a break by showing them how to make you breakfast in bed.

1



2



Give a neighbour a cake. Bake together as a family and put it on their doorstep.

3

Tell someone that you're thinking of them. Give them a phone call or a message to say you miss them.

Thinking
of you
and
sending
a
Smile