

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 gratitude. Write what you are grateful for on wooden pegs, decorate them and create this lovely display to remind you.





2 Get the children to give some time to help you with the washing. Make it into a game where they have to sort the clean washing into each person's pile and deliver it to their room.


3


Give as many compliments as possible today.


 You are really kind.


 You are very helpful.


 You are the best!


 You are really thoughtful.


 You are a good friend.


 I like the way you talk to everyone at break time.


 You are a good listener.

 You are fun to play with.

 You are really clever.

 You are kind to the younger children.

 You are really patient.

 You are very generous.