

# 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

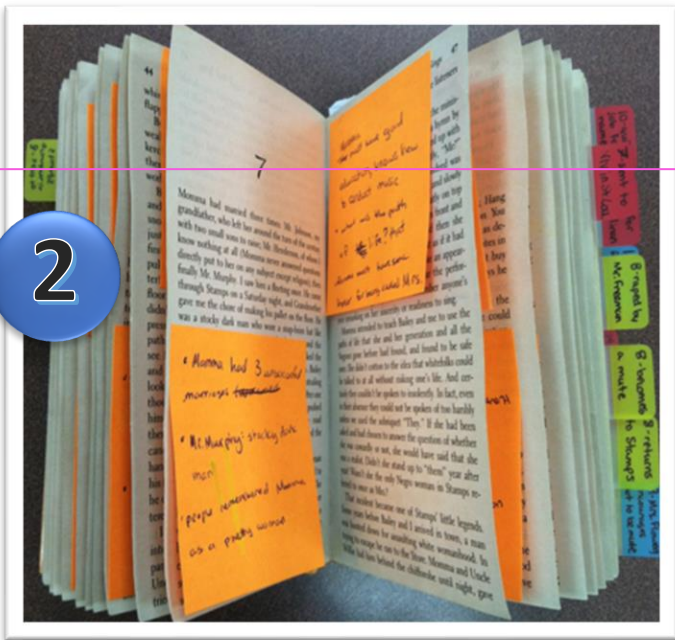
Try this gold star activity from Young Minds activity calendar  
<https://youngminds.org.uk/media/3750/wellbeing-activity-calendar.pdf>

**1**

## Give a gold star

Create a star template and each family member writes one for each other. Have some examples such as –  
 “I give you a gold star for always making me laugh.”

**2**



**3**

Give someone a playlist you have created for them. Think about songs that might have lyrics to help them right now or maybe ones that have shared memories between you. You could either create it and send electronically or burn it to a CD and give it as a physical gift.

Choose a book you enjoy and send it to someone you know who you think would enjoy it. Write some surprise post-it notes inside the pages to make them smile as they read it.

**YOU GOT:  
MAKE A PLAYLIST  
FOR SOMEONE**

