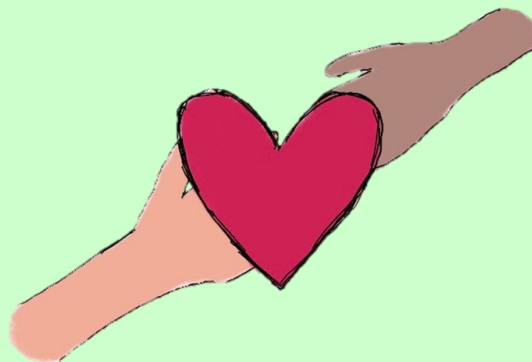


Five ways to wellbeing: Give

Random acts of kindness

**Give anything you can, in any sort of way,
Include anyone you know, now or any day,
Virtually or in reality,
Everything you do will make it better...**

so perfectly.



**Bake something.
Make something.
Write something.
Say something.**

Give to friends, family, workers and those in need.

**Choose an act of kindness to do today, there are some ideas on
the next page for you.**



Say thank you. Write a card/ letter or phone someone to say thank you.



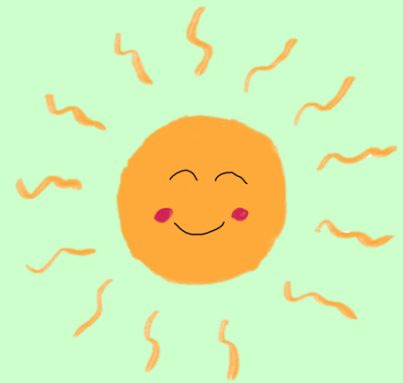
Give your time to someone. Phone a friend or family member.



Help your brother or sister with their homework.



Make something for someone. You might paint or draw a picture.



Smile at someone when you are out for a walk with your family.

Five ways to wellbeing: Give

Random acts of kindness



Write a poem for someone you love.



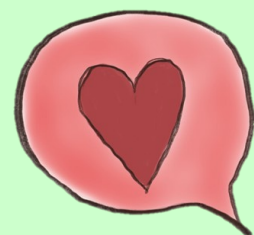
Offer to help. You might help at home by cleaning the dishes, doing some gardening or tidying your room.



Donate unwanted things to charity.



Give someone in your house a hug.



Give someone a compliment: "You look really nice today."