

5 ways to wellbeing- Give

Give



- Give a smile, a compliment, your friendship or simply some time for yourself and others.
- Share acts of kindness.

Watch the video demonstrating the power of small acts of kindness. Then work together to make a kindness paper chain to hang in the classroom. On each link in the chain write a small act of kindness that you can easily accomplish then join them together to show that lots of little things, can make a big impact.

Watch Video- Colour the world with kindness

<https://vimeo.com/80492342>

