

## Wellbeing Challenge Week 2

### Give to others

Acts of giving and kindness can help improve your mental wellbeing by creating positive feelings and giving you a sense of reward. Making those around you feel good, even just by smiling and saying thank you, can make others feel good; giving you a feeling of purpose and self-worth. Connecting with other people whether it is small acts of kindness towards other people or larger ones like volunteering in your local community can improve yours and others' mental wellbeing.



**Here are some ideas but you may have some of your own!**

**Remember to take a photograph, keep a record or video of you undertaking this week's Wellbeing Challenge.**

**Thank You Card: Make a thank you card for an adult who has helped you or maybe gave you a gift at Christmas.**

**Send a homemade card in the post to one of your friends or family and include a happy or complimentary message.**

**Random Acts of Kindness: Whilst at home you could tidy away your things before being asked to...**

**Offer to help with some chores...Make a cup of tea for someone...Help to look after your family pet...Weed the garden...whatever would make a difference at home!**

**Compliments: Give a compliment to someone. Congratulate or praise someone for something. You could put a little note somewhere special at home for a grown up to find as a surprise.**

**Help one of your classmates out with their learning via a video call, share ideas and support each other.**

**Go on a coin hunt around your house and then save this money to donate to a charity. You could also sort out any toys that you no longer play with ready to take to a Charity Shop when they are open.**

**Have a smiling day! Learn a joke to make everyone at home laugh, smile lots or maybe share a film/song together that makes everyone feel happy.**

**Donate to a Food Bank**

**Share: Share ideas you have about 'giving to others' with others!**