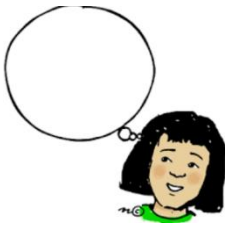
Give

Remember, being giving can improve our wellbeing. It makes us feel positive and it is also nice for everyone around you. Being giving is really about thinking of others and being kind.



Thinking about others

- If you have a relative who lives on their own, could you talk to them on the phone now and then (please check with a grown up before you do this).
- If someone in your family is feeling a bit sad, try and do something kind to show them that you care about them.
- If a parent or carer is working from home, try and remember that this can be tricky like your home-learning can be.
- You could draw a picture or make a card for someone to say thank you if they have helped you, or just because you really appreciate that person.

Giving your time and being helpful

- If you have a brother or sister who is learning something tricky, maybe you could offer to help them.
- Offer to help your parents/carers with simple jobs at home, for example, tidying up.