5 ways to wellbeing

Give
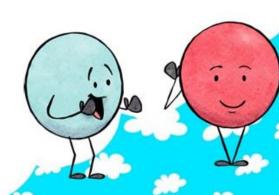
Giving or helping others feels GREAT! Have you noticed how you feel when you help someone?

You can fit giving or helping, in lots of ways. Try and give or help **EVERY** day.

- Open a door for someone
- Ask someone who is lonely to play or hang around with you
- Do chores at home
- Help your classmates or teacher in class
- Do the shopping for an elderly neighbour
- Offer to do some gardening for your grandparents
- Compliment someone and make them feel good
- Be kind to someone who looks sad
- Raise money for a charity event