



5 Ways to Wellbeing Challenge

This week's challenge is focused on.... **Give**

Give is all about doing something nice and kind for others! Help, thank someone, smile, give or share with family, friends and even strangers. Research shows doing these things can help us feel better about ourselves and feel happier!

Do 1 or more of the suggested activities:



1. **Tell your family and friends 1 thing you like about them!**
2. **Sharing is caring** – share your toys or videos which make you smile with your friends.
3. **Tea time-** offer to help make a cup of tea for a member of your family and ask them how are they feeling.
4. **Give yourself a compliment-** each night before you go to bed, give yourself a compliment or remind yourself of what you achieved in your day (no matter how big or small).

Don't forget to update your tracker sheet and share with your teacher how you practised Giving this week!

