

Wellbeing

Giving

Name:

Date:



When we talk about giving being a good thing, we might feel like we have to give our stuff or our money. Though these are good things to give (if we can), this is talking about a bit more than those things. There are many things we can give, and some of these won't cost a penny!



Time

We can give our time by offering to help people. This could be helping the adults in our home with washing up or helping friends with homework.

There are loads of ways we can give our time!



Words

More specifically – good words!

By speaking positive and encouraging words over people, we can help them feel better and spread joy into their world.



Kindness

Random acts of kindness are great ways of giving. This could be something like leaving kind post-it notes around the house, or sharing some chocolate with a sibling or friend, anything like that! It will definitely put a smile on someone's face.

Has anyone ever given something to you? It could be one of the three things listed above or maybe even money or items. If yes, what were you given?

How did it make you feel to be given this?

If you've not been given something, talk with your mentor about how you would feel if someone had given you something.

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You might be wondering what any of this has to do with mental wellbeing. It has a lot to do with it!

The NHS say it can help with positive feelings. By doing something nice for others, it can give us a sense of achievement or reward. It also can help by giving us a sense of purpose – that we can accomplish things in life. And – linking in to one of the other sessions – it helps connect us to other people.

These are all really important when it comes to thinking about our mental wellbeing. Overall, it's a way of spreading joy and positivity and can really help put a smile on someone else's face, as well as your own.

Use this space to jot down how you can give your time, and who to.



Use this space to jot down how you can speak positive and encouraging words to other people.



Use this space to jot down some random act of kindness you can do to spread joy around to other people.

