



Give

Helping others, saying thank you or just giving someone a smile can improve your self-esteem and your emotional health



When “Give” is going well

- You will have a sense of purpose and achievement.
- You'll feel connected to your community.
- You'll make new friends / widen your support network.
- You'll be a good role model and support to those around you.
- You'll grow in confidence.
- You'll learn new skills.
- You'll improve your mental well-being.

When “Give” isn't going well

- You may feel distracted and disinterested.
- Feeling removed.
- Isolation - feeling completely alone.
- Becoming a bad influence.
- Lack of confidence.
- Boredom.
- Low self-worth.

Useful Links

getvolunteering.co.uk

www.gohenry.com/uk/blog/chores/age-appropriate-chore-list-for-kids

Give back to your community

- Litter picking.
- Helping in a local Charity shop, Hospital, care home or animal Charity. Volunteer days are one of the easiest ways to give back to your community.
- Volunteer in school E.g. listen to readers, or support the PTA.
- Start a class WhatsApp.
- Start a conversation with a parent / carer at the school gate.
- Help a neighbour
 - Pop their bin out for them.
 - Walk their dog.
 - Offer to clean their room / house
 - Help in their garden.
 - Be a listening ear for a chat.
- Join a church group.
- Encourage children to take on a household chore.
- Children could draw a picture, write a letter to a friend, relative or neighbour.
- Children (with your support) could offer to care for theirs or someone else's pet.
- Reach out to local groups or clubs for help and support. They can **GIVE** back to you.