

Wellbeing Tip of the Week

Giving: How giving can help your mental health and wellbeing



This week's wellbeing tip, on the importance of giving, is written by Amelia (Year 5,) from Emmanuel CofE Primary School:

Giving to others brings a better feeling than receiving. When we give to others it actually triggers our brain, releases endorphins and boosts happiness for us as well as the people we help. It is important to give others gifts of kindness to represent your friendship and what they mean to you. This can help to build friendships and connections with others, or re-uniting broken ones that boost your energy, making you feel complete. It is also important to thank others for what they have done for you and feel thankful for what has been achieved. Giving doesn't have to just be something you buy for someone, it could be:

- To give your time to help someone
- Acts of kindness such as holding the door for somebody
- Giving them time to listen to them
- Saying thank you to someone for something they've done for you
- Asking a friend if they would like to play together
- Asking a friend how they are and really listen to the answer
- Offering your seat to somebody on the bus
- Offering to help your teacher with a job in the classroom