

YOUNG VINNIES
CHRISTCHURCH



Give

Our worksheets are just activity and learning-based, for more comprehensive information and support please head to

<https://www.mentalhealth.org.nz/>

or call a helpline such as Youthline at 0800 376 633

One of the five ways that has been found to improve well-being is to give, tukua O:

Your time – te wā ki a koe, your words – ō kupu, your presence – ko koe tonu.

(<https://www.mentalhealth.org.nz/home/ways-to-wellbeing/give-koha-me-te-aroha/>)

**You're braver than you believe,
stronger than you seem,
and smarter than you think.**

-A. A. Milne.



List of ways you can give:

- Give a compliment.
- Clean out your room/ house to donate items you no longer need or want for once isolation is over.
- While driving, stop to let a car into the traffic.
- Give a smile!
- Do random acts of kindness.

Continue the list below:



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Reflect:

Reflect on a time that someone gave you something-

What was it?

How did it make you feel?

Why did you feel like this?



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Create:

Create something that you can give/share with someone you want to show your appreciation or love to.

For example: you might want to make a card for a family member thanking them for all the work they do, or you might want to create a fort and give some time to younger siblings...

