

# Give

As humans, we thrive on doing something positive for the world around us. It can be incredibly uplifting and bring a sense of hope, value and purpose.



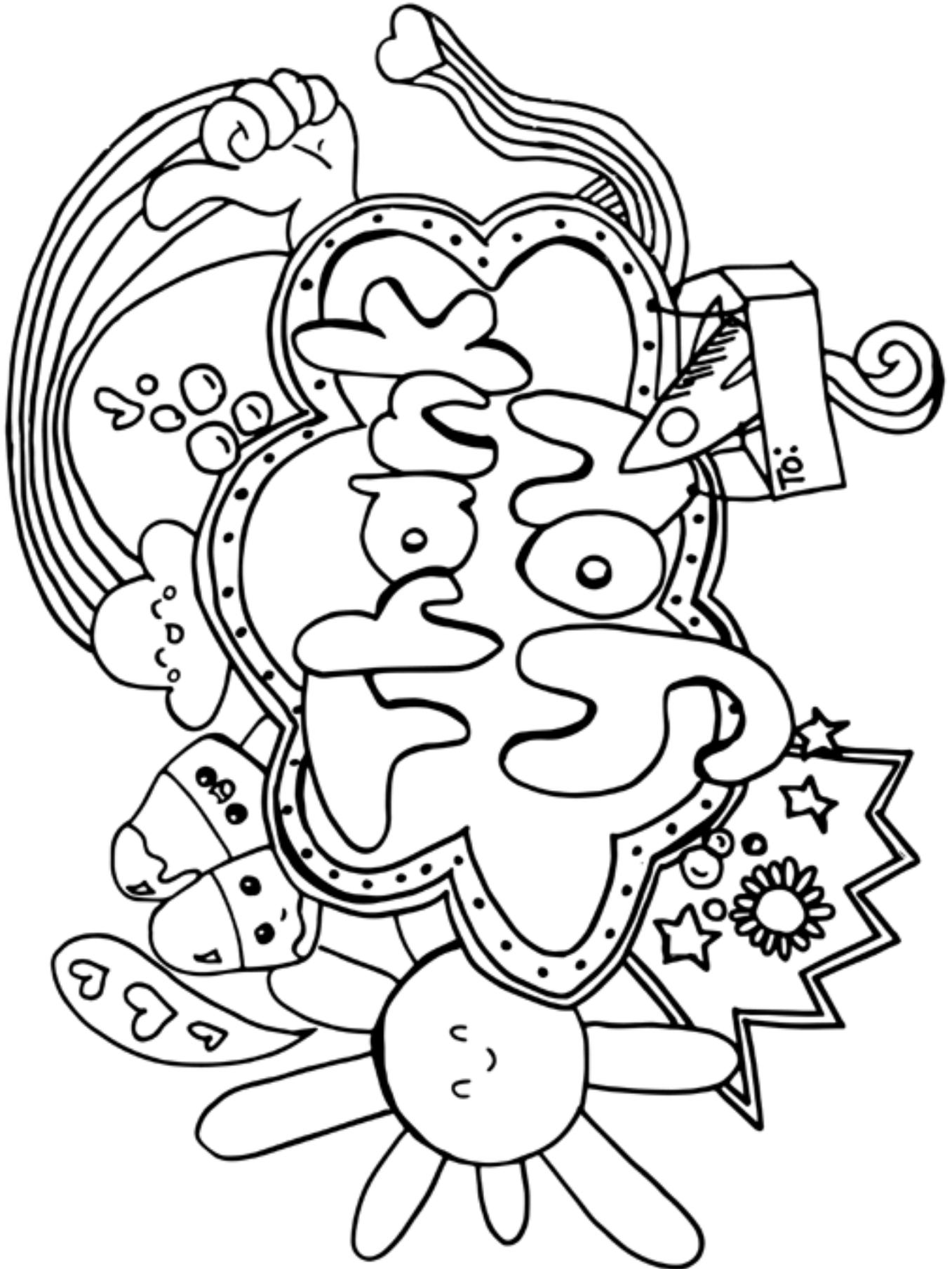
- Do three random acts of kindness in one day.
- Hand write a note thanking someone and ask an adult to post a photo of it online. That way you can share the love and let them know how much you appreciate them.
- Draw a thank you picture for your bin collection team and put it on your bin when it is time for them to be collected. You can either draw your own or see [page 15](#) for our template for you to colour in.
- Find a funny fact and pass it on to make someone's day. Did you know that kangaroos can't walk backwards??
- Remember to clap for the NHS and key workers every Thursday to show appreciation for all their hard work.
- Make a 'bunch of flowers' and leave them on the doorstep of someone you know. See [page 16 and 17](#) for our template and instructions for a paper flower.
- Give some love to your postie and leave a thank you note by your letter box.
- Give a compliment to everyone in your house today.
- Do a chore around the house that someone else might usually do.
- Send a postcard to someone you haven't seen in person for a while.
- Give back to the planet and find a way to re-use one item this week. Maybe you could turn an empty bottle into a bird feeder or plant holder or cut up empty toilet rolls and make a marble run?
- Give your time and ask someone how you can help them today.
- Learn something new and share it with a friend. It can something as small as a new word or a new game.



CWMT Wellbeing challenge 2020

# Thank you!

Say thank you to your bin collectors or postie by colouring in this poster and putting it up where they will see it.



# Paper flowers

Follow our instructions below to create these lovely flowers. Why not make a bunch of them and leave them on a neighbour's doorstep to cheer them up.

## You will need:

- \* The 'cut out' print on the next page
- \* Scissors
- \* Colouring pencils or pens
- \* Glue
- \* Sellotape



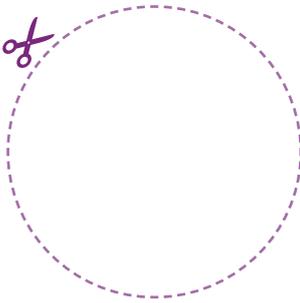
We used recycled toilet roll wrapper paper for our flower

## Instructions

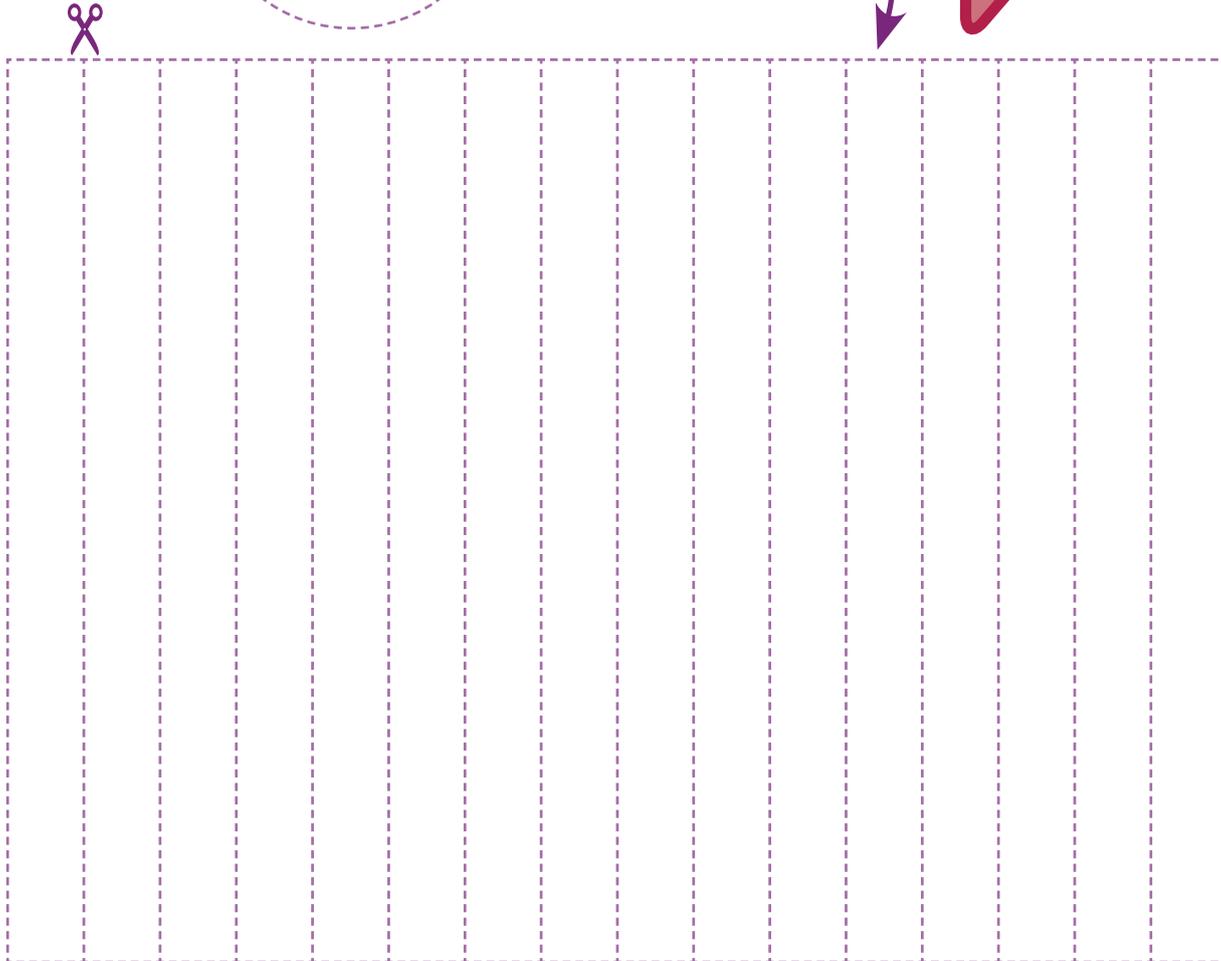
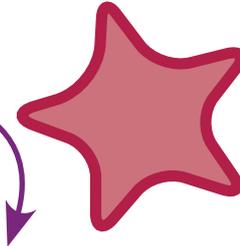
- \* Colour in the shapes on the next page and then cut them all out.
- \* Fold over each petal strip into a loop and glue the ends together.
- \* Then glue each petal to the back of the round circle.
- \* To make the stem roll up the cut out into a tube and glue (you could also use a straw for the stem instead).
- \* Stick the stem to the back of the flower with the Sellotape and your flower is finished.
- \* Why not make a few in different colours. You could use coloured paper instead of colouring in or recycle some other pretty paper.

# Flower cut-outs

**Flower centre**  
- colour in  
and cut out.



**Flower petals** - colour in  
and cut out each strip.  
You can do it all one  
colour, lots of different  
coloured strips or even a  
pattern.



**Flower stem** -  
colour in and cut  
out. You can do  
it all one colour  
or a pattern.

