



As we come to our final week of the Take 5 steps to well being we are thinking of **'Give.'** Evidence shows that helping others is very beneficial for your own mental health and well being. It can reduce stress, improve your emotional wellbeing and even benefit your physical health.

Giving to other people makes them feel special, but it doesn't just mean giving someone a present on their birthday. It may simply just be 'giving' of your time. Here are a few suggestions of how to **'give'** to others:

- 😊 Smile and say thank you
- 😊 Write a card or letter to someone
- 😊 Make a handmade surprise for someone
- 😊 Help out around the house without being asked
- 😊 Hold a door open for a stranger
- 😊 Volunteer in your local community
- 😊 Offer to lend a hand if you see someone struggling with bags or a buggy
- 😊 Donate unwanted items to a charity shop
- 😊 Feed the birds
- 😊 Decorate a rock with a kindness message
- 😊 Pick up litter if you are out for a walk



With our homes being busy places at the minute be sure to **'Give'** yourself a break sometimes. Take some time out and relax in whatever way you can. We hope that you have found even one of the 5 steps to wellbeing useful and that it has helped you make a positive difference for you and your family.

Please enjoy the video that the teaching staff have made to show you how they have been able to **'give'** over the last few weeks.

Stay safe and enjoy the half term holiday.

From the teachers of Ballykeel 😊



**Your time,
your words,
your presence**