



SURBITON  
HIGH SCHOOL

# G - Giving

## WHAT ACT OF KINDNESS COULD YOU DO TODAY?

Smile at everyone you pass today

Let someone special know everything you appreciate about them

Help your parents cook dinner tonight

Suggest going for a walk with a neighbour/friend/relative

Help someone with their homework



## GIVING IS GOOD FOR YOU

When we give to others it activates areas of the brain associated with pleasure, social connections and trust. It's not all about money - we can also give our time, ideas and energy. So, if you want to feel good, do good! What act of kindness could you do today, tomorrow, this week and beyond.

Pick up some litter in the park

Walk a friend's dog

Hold the door open for someone

Help with the chores at home

Ring an elderly relative to see how they are

Make a small donation to a charity

Bake a cake for someone

Volunteer at a local charity/event

