

Giving

Giving to others has been scientifically proven to help us feel happier and more connected to the people around us. What can you do to give back this week? Look for ways you can spread joy – whether it’s an act of kindness, volunteering your time or expertise, or even making a small donation to a worthy cause.

Brainstorm some ways you can give back.



HOW I'LL HELP

Using the brainstorm above, decide which ideas you will put into action.

RECIPIENT/ORGANIZATION	ACTIVITY
01	
02	
03	
04	
05	
06	
07	
08	