



Give



When we think about 'Give' we think about being part of community life and giving back.

Studies have shown that 'Giving' helps to combat stress, depression and anxiety and keeps you stimulated mentally.

People report that when they have a greater interest in helping others they tend to be happier within themselves.

Acts of kindness can improve your wellbeing by:

- Boosting your self-confidence
- Giving you a feeling of purpose and self-worth
- Creating feelings of happiness and a sense of reward
- Helping you to 'connect' with other people

Here are some suggestions you could do in the community:

- Helping a friend or a neighbour
- Volunteering for a charity
- Supporting fundraising activities or events
- Paying someone a compliment or praising someone.
- Opening a door for someone

Ways you could achieve this through school:

- Joining the FOV (Friends of Vigo) group
- Volunteering in school as a reader
- Volunteering for school trips
- Volunteering at school events such as the Christmas & Summer Fayres, Firework night, school disco's etc.

All the above help us to also 'Connect' with others.