



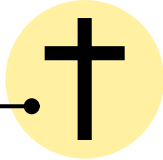
We all have something we can give – our time, presence, attention, love, support, resources, skills. Giving, whether in small or large ways, promotes our overall mental health and well-being. This is especially true when we also accept what others give to us (including compliments!). Research shows that people who are generous and also open to receiving report higher levels of happiness and life satisfaction. The act of giving can also foster cooperation and social connection, promote gratitude, and create a ripple effect of generosity. There is value in finding simple ways to give each day. Giving is the gift that keeps on giving. ***In this Wellness Wednesday, let's give.***

### TRY THIS...

#### As a class, group, or family:

- Talk about what it means to give (*i.e., giving something to someone else without needing anything in return, doing it freely, doesn't have to be an actual thing or money, can be our time, presence, a listening ear, etc.*).
- Next, brainstorm ways to give. Our attitude about giving is more important than how much we give. When we choose to give in ways that are important to us, the results are more meaningful to everyone.
- Get started with these ideas:
  - Keep it simple (*i.e., smile, say thank you often, give compliments, acknowledge the contributions of others, post/share messages of appreciation, show compassion, offer a listening ear to a friend, pray for others, etc.*).
  - Find what you enjoy (*i.e., use your talents, give things made with your hands – bake, cook, paint, build, donate your time or skills, spend uninterrupted time with someone, etc.*).
  - Help others (*i.e., arrange a group activity in your school, parish, or community, coordinate a food drive or community clean-up day, donate unused items or clothes, do some chores, offer to do an errand for someone, volunteer, etc.*).
- End by encouraging everyone to set a goal, such as choosing one way to give every day.

### CATHOLIC CONNECTION



*"Heaven doesn't value what you have, but what you give." (Pope Francis)*

*"Now the whole group of those who believed were of one heart and soul, and no one claimed private ownership of any possessions, but everything they owned was held in common." (Acts 4:32-35)*

God gives from the heart. He gave us His gifts so freely and with great love. Jesus lived the true example of this love through his service. As part of our Catholic Faith, we are called to be like Christ and give through service to others.

### ASK YOURSELF...

- When will I give today?
- How can I live out God's message of generosity in my daily life?
- What does it mean to give?

### FURTHER LEARNING



- EDUCATOR RESOURCE: SMHO Acts of Kindness activities ([elementary](#) and [secondary](#))
- CHILDREN'S BOOK: "The More You Give" by Marcy Campbell and Francesca Sanna ([read aloud](#))
- CHILDREN'S BOOK: "Be Kind" by Pat Zietlow Miler and Jen Hill ([read aloud](#))
- ADULT BOOK: "The Generosity Factor" by Kenneth H. Blanchard and S. Truett Cathy



Employees of LDCSB: check out [TELUS Health](#) (formerly LifeWorks/Morneau Sheppel). Wellness Wednesdays are for everyone, any time. [Click here to find more.](#)