



Tippy says... Giving makes you happier so take our 30 days of giving challenge

Giving to other makes you happy. Try our 30 day giving challenge and do one of the things below each day for 30 days, and see how happy you feel at the end.

1. Share a positive thought you have about someone with them “You have such a warm kind smile!”
2. Spend some of your money on a thoughtful gift for someone, like taking a coffee to your schoolteacher in the morning
3. Ask for charity donations for your birthday instead of gifts
4. Give up your turn to someone else
5. Bake some cookies for your neighbours or classmates
6. Tell someone that you are proud of them for something they have done
7. Give some old clothes or toys to charity
8. Invite someone to play with you who is in the playground on their own
9. Look after an animal – take your friend’s dog for a walk, take some carrots to feed to (with permission) the horses in nearby stables, feed the birds
10. Think of something that someone has done for you that you really appreciated. Write them a note to say thank you and explain how much their kindness meant to you.
11. Give to the environment – go to the beach or park and collect three pieces of litter and put them safely in the bin
12. Paint rocks – decorate a pebble with a positive message and put it back where you found it for someone else to find and enjoy.
13. Send a letter in the post to a good friend
14. Forgive someone when they make a mistake rather than blaming or getting angry
15. Let someone go in front of you in the queue
16. Smile at other students in the playground who look shy or lonely

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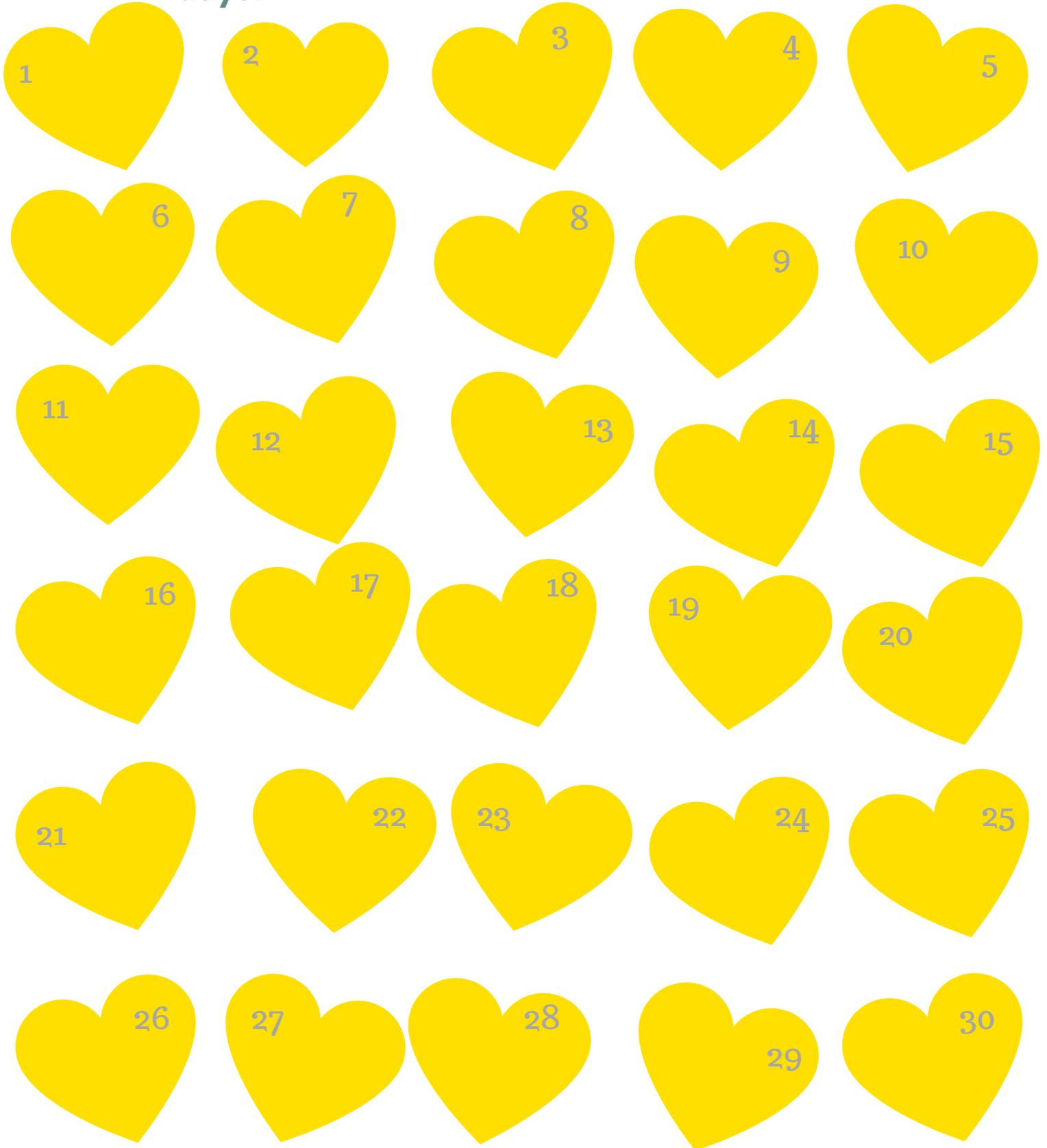
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17. Clean up after someone – clear their plate at dinner or tidy up their mess in the classroom
18. Choose a charity that you care about and donate this week's pocket money to the charity.
19. Give someone a list of things you love about them
20. Let someone else choose what to watch on TV
21. Hide \$1 in a random place for a stranger to find
22. Offer to help your teacher with some of their chores
23. Do something unexpected to help out at home without being asked eg. feed the cat, empty the dishwasher
24. Share your toys with others
25. Tell someone you love them when you can see they are having a hard time
26. Give a loved one or close friend a hug
27. Hold a door open for someone
28. Show your appreciation or gratitude – thank an adult for the efforts you see them make for you – taking you to attend a sport that you enjoy, or making your packed lunch
29. Hold the lift for someone rushing to get there before the doors close
30. Prepare a meal for your family

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Tippy says... Enjoy making a note of every time you give to others. Don't forget to celebrate when you reach 30 days!



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