

50 ways to give

Get involved and give something back

1. Share your gratitude with someone: what are you grateful for?
2. Register to become a blood donor
3. Join your local shoe box appeal
4. Go litter picking in your local community
5. Walk to work instead of using the car
6. Thank someone for their hard work
7. Call on an elderly neighbour check see if there is anything you can do for them
8. Check in with a friend and let them know why you appreciate them



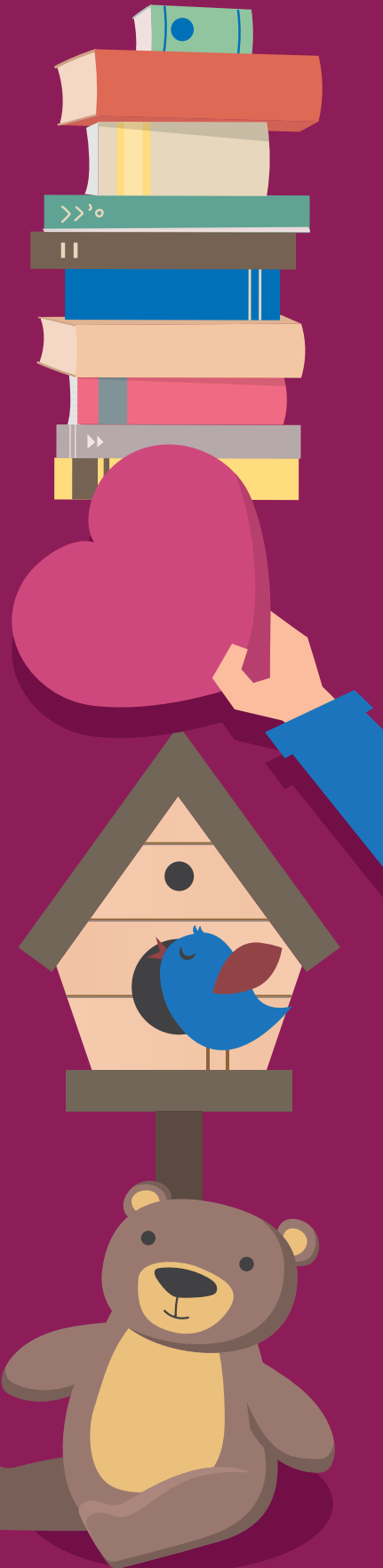
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9. Support local business and shop locally
10. Share your company's mindfulness coaches with a local school
11. Donate some books to a local school
12. Offer to drop some groceries at a friend or neighbours
13. Start collecting toys to donate at Christmas
14. Build a bird box to encourage nature in your garden
15. Plant wildflowers in your garden to promote bee pollination
16. Plant more trees
17. Create a patch on your lawn for wild grass to grow
18. Support your local school by either offering to help



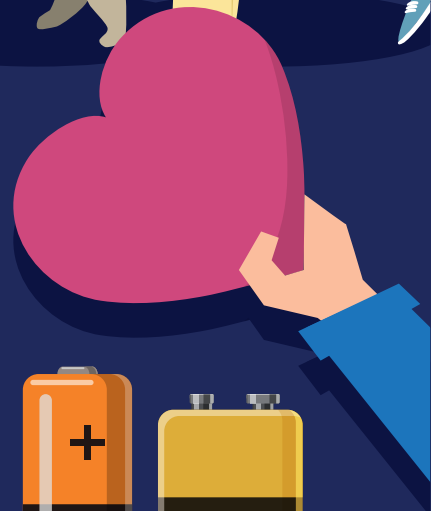
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19. Always use a reusable water bottle, take your own reusable bags to the supermarket
20. Buy someone homeless or vulnerable person lunch
21. Offer to walk a neighbour's dog
22. Meatless Mondays: Challenge yourself to go vegetarian or vegan for a day!
23. Make the next the next birthday or Christmas gift you buy to be from a charity shop
24. Donate some glasses to a global glasses charity
25. Start a battery recycling scheme at work
26. Smile at 10 people
27. Bring a colleague a cake or coffee



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28. Clean out your wardrobe and toy boxes and donate them to your local charity shop or Salvation Army

29. Book yourself a coffee break with a colleague on Teams

30. Share a local business' social media post

31. Save water by skipping a shower/reduce amount of weekly hair washes/take a short shower - 3 mins

32. Sign a petition for a cause you care about

33. Buy an item from a charity shop - challenge yourself to get the best bargain

34. Secret Santa but the gift has to be giving related e.g. animal adoption

35. Save a seed: plant a seed from a pumpkin, apple, tangerine



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36. Offer to babysit for someone and help out a parent

37. Take a day off devices and give a loved one undivided attention

38. Challenge 5 friends to give, share a photo and challenge another 5 friends

39. Send a thank you note

40. Cut down on your wash loads for a week – if you usually do 4 a week do 3

41. Make a trip to the shops plastic free – avoid packaged fruit and veg

42. Challenge yourself to make a tasty meal with leftovers to avoid food waste

43. Use Olio app to give away unwanted food/cleaning resources/household items

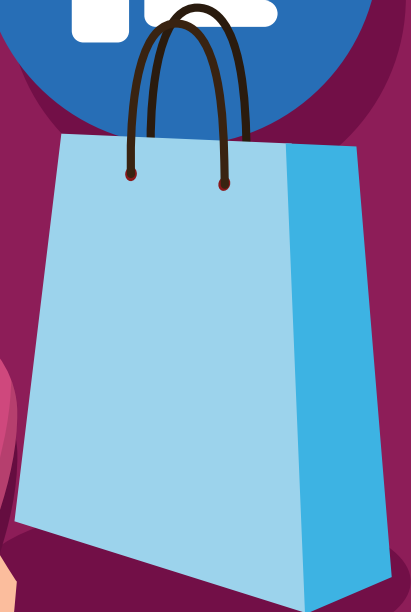
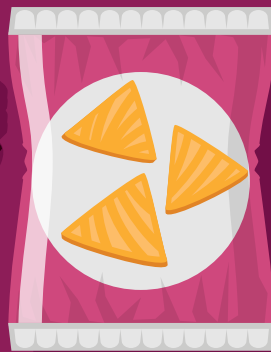
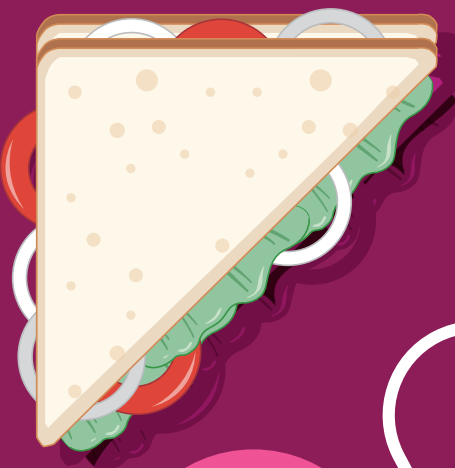
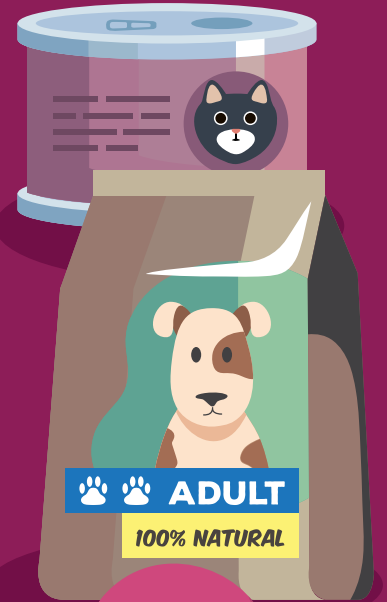


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44. Cook or prepare a school lunch and post it on Olio app #Cook4Kids
45. Have a TV free evening challenge to save energy
46. Buy some extra pet food and donate to your local foodbank
47. Find out something new about a colleague
48. Endorse a colleagues skill or leave a positive recommendation on LinkedIn
49. Save wrapping paper and reuse paper bags
50. Like a business or two on Facebook and post a review



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