

30 Days of Caring

Complete these activities (in any order!) to help the mental health and well-being of others around you and your own. Reflect after each one on how it made you feel and the impact you have had.

Miss Tinks X

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-  Miss Tinks – Growing Minds  Miss_Tinks  Miss Tinks
-  misstinks_official  Abby Lamb

send someone a message	tell someone what they are good at	ask about someone's day	give 3 sincere compliments	SMILE	tell someone their good qualities
SMILE	make positive comments	plan a catch up	be encouraging	talk to someone new	all have a device-free day
involve someone in something new to them	be more gentle and less critical	SMILE	catch up with an old friend	make sure to thank someone	call a friend
share your positivity	if you meet someone new, be friendly	respond positively	ask questions – take interest in someone	thank 3 people	listen carefully when someone is talking
let someone know why they're special to you	random act of kindness	share your feelings with others	chat to neighbours	uninterrupted family time	SMILE