

**1** Put time aside to connect with family and friends – check your phone less when you do!



**2** Listen to what other people have to say without judging or offering your opinion

**3**



Send a text to a friend or colleague that you haven't seen for a while

# 5 ways to give & show kindness



**5**

Try making small talk with shop assistants, the postie, or delivery drivers – you'll make their day too



**4**

Talk to your neighbours, ask them how they are and really listen to their answer

