

On Our Sleeves Giving Heart

Studies show giving can boost your physical and mental health. As parents and caregivers, it's important to teach children the benefits of giving back and making a difference. Below is an activity you can do as a family to experience the greater happiness and satisfaction that comes from giving back.

Instructions

1. Get a large brown paper grocery bag.
2. Print out this instruction sheet.
3. Color and cut out the heart icon below.
4. Glue or tape the heart icon to the grocery bag.
5. Fill the bag with items you and your family would like to donate (clothes, toys, nonperishable food, etc.).
6. Donate the bag to your local thrift shop or food pantry. You could even donate the items to a friend or loved one in need.



Share your giving activities with us, and any new ideas you have, by using [#OnOurSleeves](#) on social media.

ON OUR SLEEVES[®]
The Movement for Children's Mental Health

Wolfson 
Children's Hospital