

# Wheel of Well-being

## Random acts of kindness



### Aim

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To practice and attitude of gratitude and create positive emotions

### Instructions

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- Give out one of these gratitude cards to 5 different people, they can be someone you know well or even someone you don't know who you think deserves appreciation. If you can do all 5 in the same day, it will have a bigger impact on you!
- When you give the cards tell the recipient why you are giving it to them e.g. "you have a beautiful smile, it's made my day"
- Reflect - what was the recipient's reaction, how do you think they felt? What did you feel when you did this?



**Thank  
you**

*pass it on...*



**You are an  
amazing  
person**

*pass it on...*



**You made  
my day!**

*pass it on...*

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**Thank  
you**

*pass it on...*



**You are an  
amazing  
person**

*pass it on...*



**You are an  
amazing  
person**

*pass it on...*



**Thank  
you**

*pass it on...*



**You are an  
amazing  
person**

*pass it on...*



**You are an  
amazing  
person**

*pass it on...*



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**Implemental**  
improving mental health and  
wellbeing around the world