



Give

Why not get ready for Christmas or an Autumn birthday and pack up toys and books you no longer want. These can be given to younger friends and neighbours or donated to charity.



Connect

Why not pick up the phone and call a friend or relative to say hello or Face Time them. You don't need a reason and they will feel special and loved.



Take Notice

Have you ever taken photos on a walk and zoomed in to take notice of what is around you? Perhaps the leaves changing color or the shape of the clouds in the sky?



Keep Learning

Have you ever thought of starting an new hobby? Climbing, karate, baking, photography or something really different like drone flying?



Be Active

This is a great season to get out walking in the Autumn sunshine, kicking leaves that have fallen off trees an or even do a pumpkin trail.

