

MEANINGFUL SUPPORT

The small things we do to show our support are actually just as important as the big things. Below are just some examples of small and simple (but powerful) ways to show our support and connect with others. Take a moment to read through these, and then write down a few of the ways you like to be supported!



I can show support by...

- Doing someone a favour like dropping them off to an appointment
- Doing activities together that they love, like watching a movie or the Friday night footy on TV
- Going for a drive when they're feeling bored or restless
- Buying a chocolate for them when we're at the grocery store
- Sending them funny memes or silly selfies
- Taking their dog for a walk if they're away for the weekend
- Helping them study for an important exam
- Sending them a song you think they'd like
- Teeing up going to the gym together or going for a run around the oval together
- Initiating a hangout
- Sending a good morning text



I feel supported when...
