

Help a friend pick up something they dropped.

Let a friend go first in line.

Draw a picture or write a kind note for someone.

Offer to help a classmate who is finding something tricky.

Smile at three different people today.

Say something kind to your teacher.

Ask a new friend to sit with you at lunch.

Let a sibling or friend choose what to watch on tv.

Help a friend zip up their coat.

Tell someone why they are special to you.

**Let someone else
choose the game.**

**Share your toys
without being asked.**

**Play with someone who
looks lonely.**

**Say "good job!" to
someone who wins
a game.**

**Brush your teeth
before bed without
being asked.**

**Make space for
someone new in a
game.**

**Find a friend who
hasn't had a turn and
let them go next.**

**Get ready for school in
the morning without
being asked.**

**Hold the door open for
others.**

**Say "thank you" to
someone who has
helped you.**

Help set the table for dinner.

Tidy up without being asked.

Give a family member a big hug.

Make a card for someone in your family.

Help carry the shopping.

Ask, "Can I help you with anything?"

Say "I love you" to someone special.

Help feed a pet or water the plants.

Put away your toys after playing.

Let a sibling or friend choose the bedtime story.

Give a friendly wave to a neighbour.

Make a kindness card for someone in a care home.

Donate a toy or book to charity.

Pick up litter in the playground (with adult supervision).

Say "thank you" to a shop worker.

Make a bird feeder to help wildlife.

Say thank you to your parents after every meal.

Share a snack with a friend.

Say "hello" and smile at five people today.

Help a grown up with household chores like putting the clothes away.