

**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.**