

**Hold the door  
open for  
someone.**



**Bake cookies  
for  
someone.**



**Send a letter  
to a  
soldier.**



**Help cook  
dinner for  
our family.**



**Talk to  
someone new  
at school.**



**Clean up  
at home  
without being  
asked.**



**Leave a kind  
note in a  
public place.**



**Pay  
someone a  
compliment.**



**Leave change  
in a  
vending  
machine.**



**Smile at  
everyone  
you see today.**



**Donate  
something you  
no longer need.**



**Leave  
snacks for  
delivery  
drivers.**



**Pick up  
litter  
outside.**



**Write a note  
to a  
grandparent  
and mail it.**



**Tell your  
sibling (s)  
one thing you  
love about  
them.**



**Return a  
cart for  
someone at  
the store.**



**Tell a joke  
to someone  
who needs  
a laugh.**



**Tell someone  
why they  
are important  
to you.**



**Tell  
your teacher  
thank you.**



**Leave treats  
for the  
garbage man or  
mailman.**



**Draw  
someone  
a picture.**



**Say or  
wave hello  
to 5 people  
today.**



**Donate  
to a local  
shelter or food  
pantry.**



**Buy a  
gift for a  
child in  
need.**



