



Write a thank you note



Compliment someone



Pick up litter



Talk to someone sitting
alone



Let someone go ahead of
you in line



Leave bread crumbs in the
yard for birds



Share something with
someone



Help make dinner



Smile at 5 people



Call a long-distance
relative



Hold the door open for
someone



Leave a happy note
somewhere



Help someone with a chore



Gather up toys to donate



Collect spare change and
donate it



Make someone laugh




Draw a picture for someone



Tell someone all the things
you like about them



Cut out a funny comic and
post it for others to see



Invite someone new to play
with you