

Tell someone how much you love them.

Say hello to everyone you see.

Make someone else's bed.

Help make dinner.

Bring a neighbor's trash can up for them.

Clean your room without being told.

Give your bus driver a thank you card.

Donate coloring books and crayons to a children's hospital.

Make a homemade gift for someone.

Make play dough for a preschool class.

Smile at everyone. It's contagious!

Candy cane bomb your classmates.

Leave a happy note for a stranger to find.

Take treats to the police or fire station.

Draw a picture with a nice note for the adults that serve lunch at school.

Do an act of kindness for an animal.

Give someone a compliment.

Play with someone you don't usually play with at recess.

Make a card for someone.

Let someone in line before you.

Hold the door for a stranger.

Do a chore without being asked.

Feed the birds or the squirrels.

Leave a happy note for a family member.

Read a book to a younger child.

Call your grandma or grandpa and ask them about their day.

Pick up litter.

Write a thank you note for your mailman/mailwoman and put it in your mailbox.

Make cookies for someone.

Set the table for dinner.

Leave bubbles or balloons on someone's doorstep.

Donate 3 of your toys to charity.

Donate food to the food pantry.

Donate a book to a doctor's waiting room.

Say "Good Morning" to people when you get to school.

Take adult coloring books and crayons/colored pencils to a nursing home.

Be a ninja and leave a secret piece of candy for someone!

Write your teacher a nice note.