

**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.**