





Leave a
Thank You
note

**Let
someone
else go
first**

Make a card
for a
neighbour

Do a litter
pick

**WALK A
FRIEND'S
DOG**

Say
something
nice to
someone

**Write a letter to
someone you haven't
seen for a while**

**Pray for
those who
are lonely**

Call someone
you haven't
spoken to for
a while

**Bake a
cake and
share it**

Donate
something to
a foodbank

Smile at
everyone you
see today

Be a good
listener

**Offer to
help
someone**

Give your pet
a special treat

Today is no
complaining
day!

TELL
SOMEONE WHY
THEY ARE
IMPORTANT
TO YOU

Teach
someone
something
new

**Tidy up without being
asked**

**Write a list of
what you like
about someone
and leave it for
them to see**

Cheer
someone up
with a joke

**Do a
favour for
someone**

Give
someone
some flowers

Make a
bookmark and
give it away

