

Smile at someone today

Put some litter from the street in a bin nearby

Help an old person cross the street

Help someone out with their school work

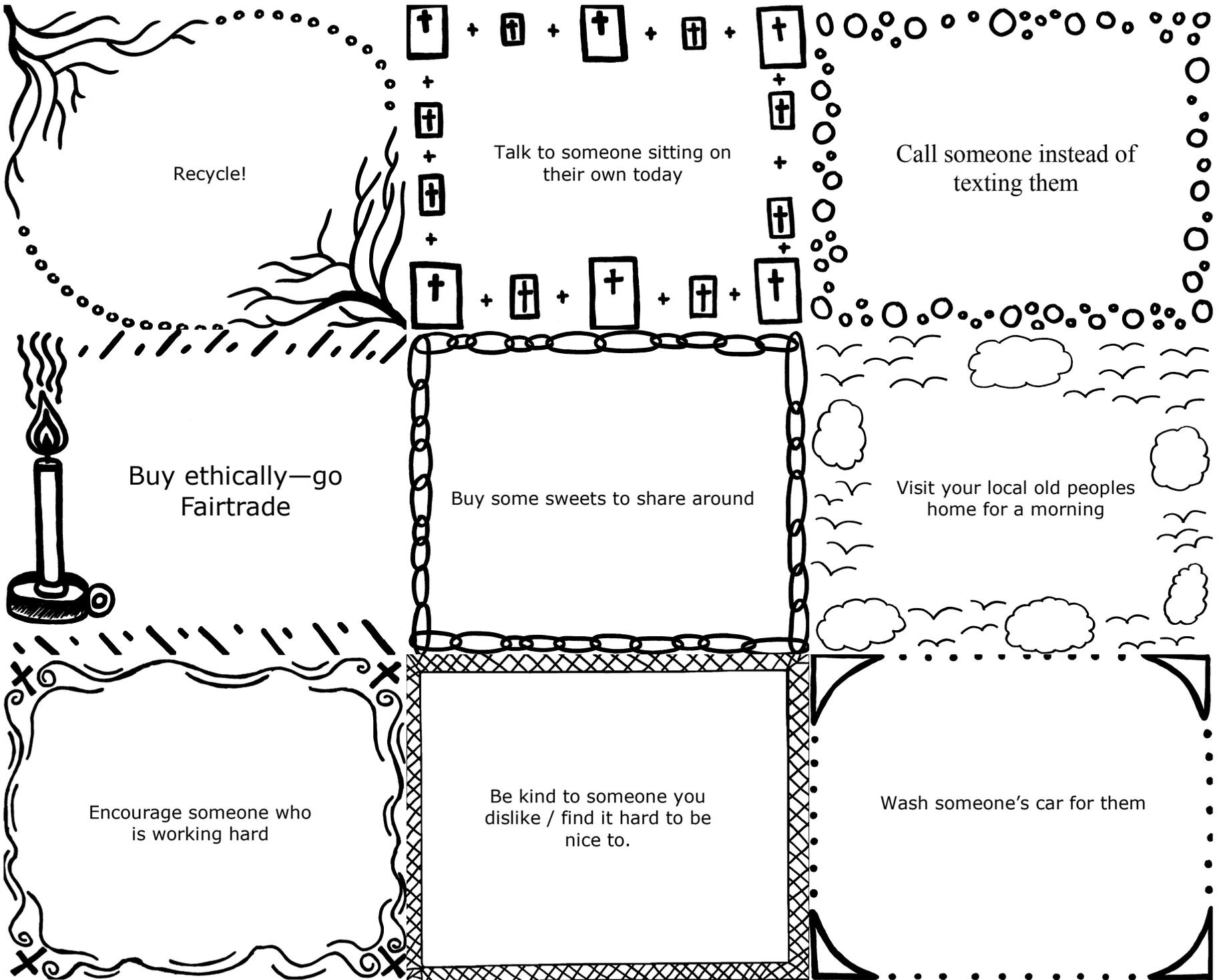
Hold open the door for people today

Help someone with their heavy bags/ buggy

Post a letter to a friend telling them why you like them and how they are a good friend to you

Say sorry to someone who you have hurt / who you need to say sorry to

Do the dishes



Recycle!

Talk to someone sitting on their own today

Call someone instead of texting them

Buy ethically—go Fairtrade

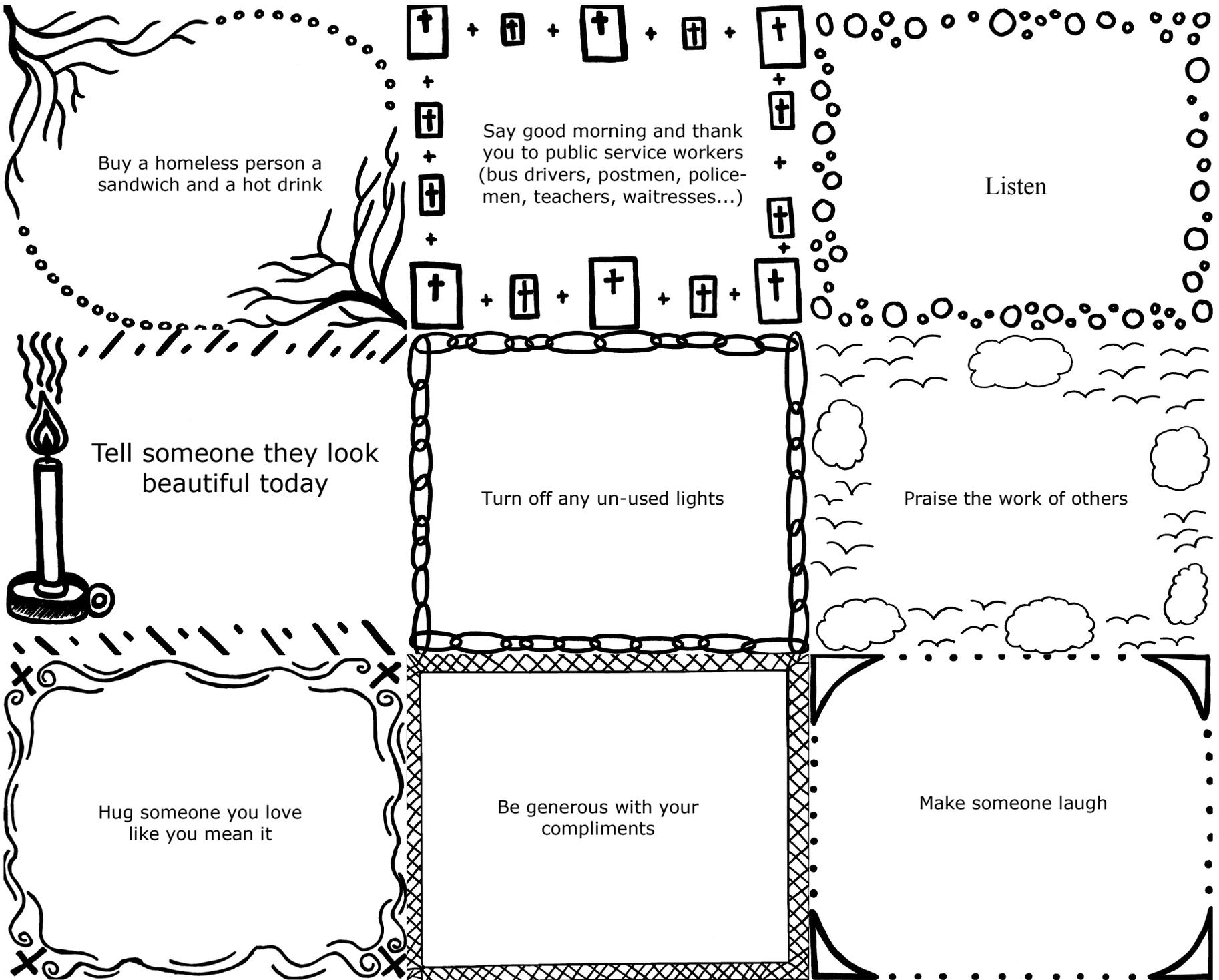
Buy some sweets to share around

Visit your local old peoples home for a morning

Encourage someone who is working hard

Be kind to someone you dislike / find it hard to be nice to.

Wash someone's car for them



Buy a homeless person a sandwich and a hot drink

Say good morning and thank you to public service workers (bus drivers, postmen, policemen, teachers, waitresses...)

Listen

Tell someone they look beautiful today

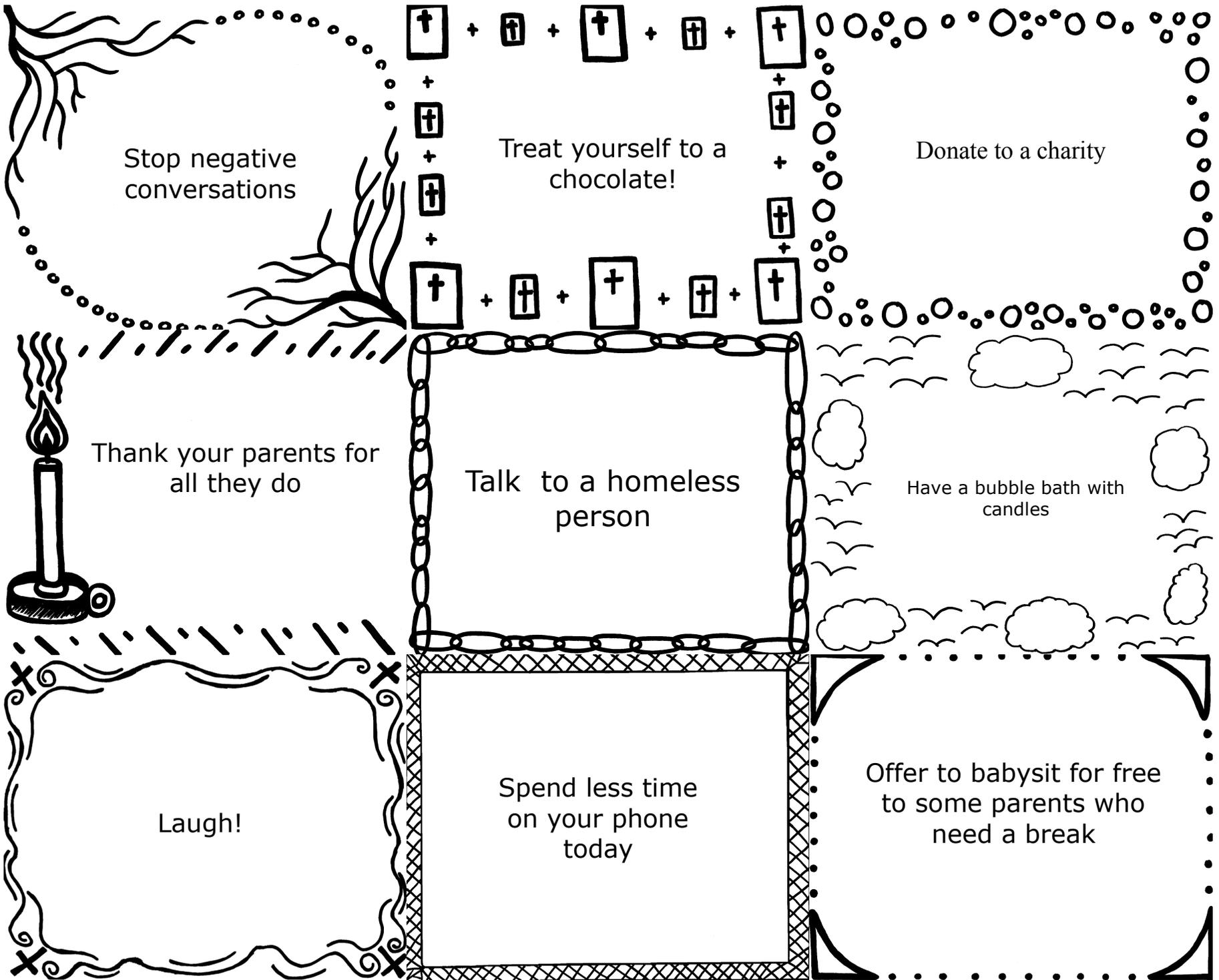
Turn off any un-used lights

Praise the work of others

Hug someone you love like you mean it

Be generous with your compliments

Make someone laugh



Stop negative conversations

Treat yourself to a chocolate!

Donate to a charity

Thank your parents for all they do

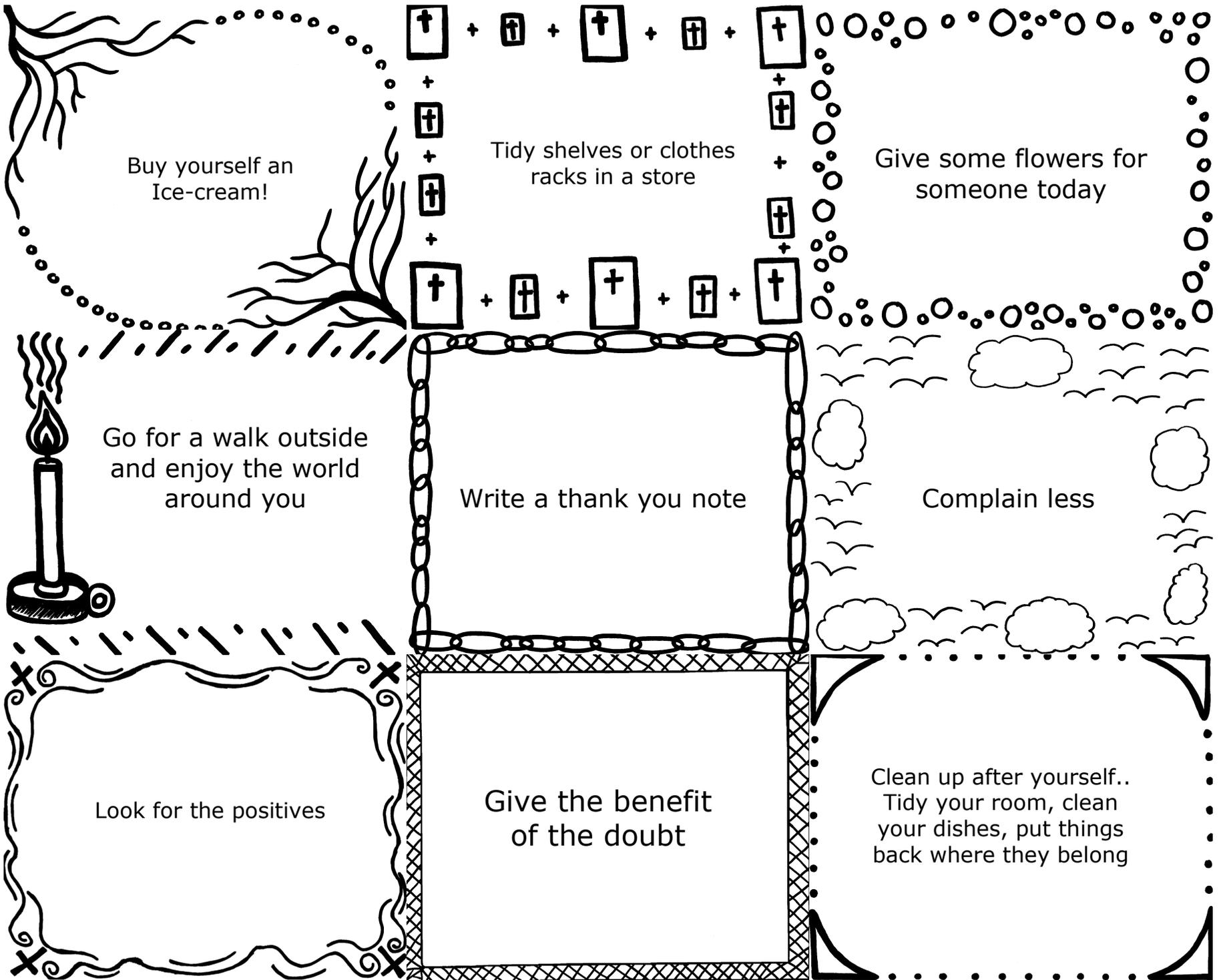
Talk to a homeless person

Have a bubble bath with candles

Laugh!

Spend less time on your phone today

Offer to babysit for free to some parents who need a break



Buy yourself an Ice-cream!

Tidy shelves or clothes racks in a store

Give some flowers for someone today

Go for a walk outside and enjoy the world around you

Write a thank you note

Complain less

Look for the positives

Give the benefit of the doubt

Clean up after yourself.. Tidy your room, clean your dishes, put things back where they belong