

Read a story to someone	Apologize to someone for something you've done	Give up junk food/sugary snacks for a day	Pray for an enemy	Make a gratitude list
Clean your room	Read Psalm 51	Matthew 11:28-30	Care for an animal	Read Psalm 139
Smile at a stranger	Choose a book to donate	Go to reconciliation	Go to stations of the cross	Put money in the basket at church
Help someone with their chores	Pick up trash outside	Give your neighbor a gift (like cookies or a nice picture)	Make a thank you card for someone	Choose a toy to donate
Pray the rosary	Get up early to pray	Tell your siblings/parents you love them	Give someone a hug	Go tech-free for a day

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