

Surprise a family member by doing one of their chores	Cheer someone up	Buy food to donate to the food pantry	Fold the laundry	Put away the groceries
Let someone go in front of you in line	Donate clothing or toys	Sit by someone different at lunch	Pick up trash off the ground	Clean your room
Pray for someone	Set the table	Take out the garbage	Clear the table	Make someone else's bed
Help with housework	Share something with someone	Help your teacher	Say thank you	Hold the door for someone
Play with someone you don't usually play with	Help make dinner	Give a hug	Make cookies for someone	Give a compliment

Clear the table	Do chores without being asked	Make someone else's bed	Make breakfast for your mom or dad	Let someone go in front of you in line
Clean your room	Share something with someone	Put away the groceries	Help someone with homework	Help with housework
Sit by someone different at lunch	Take out the garbage	Cheer someone up	Make cookies for someone	Help your teacher
Donate clothing or toys	Give a compliment	Play with someone you don't usually play with	Take your dog (or a neighbor's dog) for a walk	Say hi to an adult at school
Pray for someone	Pick up trash off the ground	Say thank you	Do something nice for your brother or sister	Buy food to donate to the food pantry

Let someone go in front of you in line	Donate clothing or toys	Make cookies for someone	Surprise a family member by doing one of their chores	Do chores without being asked
Vacuum	Take your dog (or a neighbor's dog) for a walk	Empty the dishwasher	Clean your room	Put away the groceries
Make someone else's bed	Fill the dishwasher	Cheer someone up	Take out the garbage	Do something nice for your brother or sister
Pray for someone	Help your teacher	Fold the laundry	Clear the table	Help someone with homework
Give a hug	Play with someone you don't usually play with	Say thank you	Buy food to donate to the food pantry	Make breakfast for your mom or dad