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| Ask someone new to play at break time  | Hold the door open for someone   | Write a kind note to your mum or dad  |  Let your brother or sister play with one of your toys  | Give someone a compliment  |
|  Leave a kind note in a library book  |  Clean up your room without being asked |  Smile at someone that walks past you in the street  |  Create a picture and give it to a friend or neighbour  |  Give a hug to each member of your family   |
|  Choose an area to pick up litter   |  Tell your parents you love them  | Bingo cards and balls  |  Tell a joke  |  Write a kind note to your teacher  |
| Say thank you to the bus driver and lunch ladies  |  Teach someone something new   |  Compliment a stranger   |  Put your plate in the dishwasher after eating   |  Call your Grandma or Grandad just to say hi  |
|  Donate clothes you have outgrown  |  Write a kind note to a classmate  | Put every item you use in the recycling bin  | Listen to a friend’s story without telling your own  |  Give high-5’s today!  |

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