

HELP MAKE
DINNER

DO A JOB WITHOUT
BEING ASKED

TELL A FRIEND
THEY ARE SPECIAL

MAKE SOMEONE'S BED
(OR MAKE A FAMILY
MEMBER'S BED)

TELL A TEACHER
THANK YOU FOR
THEIR HANDWORK

MAKE A TREAT FOR
A FRIEND OR NEIGHBOR

DO AN EXTRA CHORE

CLEAN YOUR ROOM

SAY HI TO SOMEONE NEW

DELIVER A TREAT
TO A NEIGHBOR

YOU
WERE
CAUGHT
BEING NICE!

WRITE A NOTE TO
SOMEONE SAYING WHY
YOU APPRECIATE THEM

SEND A TEXT TO
SOMEONE TO BRIGHTEN
THEIR DAY

VACUUM A ROOM

YOU'RE SPECIAL!

TELL SOMEONE AT
A STORE YOU
APPRECIATE THEM

COMMENT ON A
FRIEND'S SOCIAL MEDIA
WITH A NICE POST

DO THE DISHES

FOLD THE LAUNDRY

DO YARD WORK
FOR A NEIGHBOR

OPEN THE DOOR
FOR A FRIEND

VISIT SOMEONE WHO
IS LONELY

BRING A TREAT TO SHARE
AT LUNCH

CALL OR TEXT SOMEONE
YOU HAVEN'T TALKED
TO IN A WHILE

TELL SOMEONE WHY
YOU LOVE THEM

SHARE
A SMILE

PUT DOWN YOUR PHONE
AND SPEND TIME WITH
SOMEONE WHO NEEDS YOU

WRITE A LIST OF
THINGS YOU ARE
GRATEFUL FOR

SAY SORRY TO
SOMEONE YOU NEED
TO APOLOGIZE TOO

SHARE A HUG