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| Give a compliment to a friend | Donate a coat or jumper to charity (leaving a happy note in the pocket) |
| Give someone a hug voucher | Call a faraway friend or relative to say hello |
| Take supplies to the animal shelter | Do a chore for someone in your family |
| Make a thank you for your librarian | Smile at everyone you see today |
| Leave a happy note for someone to find | Donate a book to the library or hospital |
| Tell silly jokes to make someone laugh | Make a gift for someone |
| Send a paper hug to someone you love | Read a favourite Christmas story to somebody younger |
| Pick up litter | Ring an elderly relative and have a nice chat to them |
| Let someone go in front of you in a queue | Make a tree decoration for your baby sitter |
| Donate this week’s pocket money to charity | Bake something for someone special |
| Leave chalk messages around where you live | Make Christmas cards for your neighbours |
| Help round the house without being asked to | Sit next to someone you normally don’t at lunch and be nice to them |
| Write a thank you note for the bin collectors and postie | Wash your parents’ car |
| Make a Christmas card for the school receptionist | Make a thank you card for the school crossing staff |
| Cook dinner for your family | Hold the door open for people |
| Give out a complement | Write a letter to your sibling telling them why you love them |
| Pass on some of your books to friends | Call someone you love just to say ‘hi’ |
| Sharpen all the pencils in the classroom | Tidy your bedroom |
| Write a note and mail them to the houses with great Christmas lights saying thank you for lighting up their house for you to see | Write thank you cards for your teacher, coach, Cubs leader or people that have influenced you in a positive way |