



Smile and say 'thank you'
to someone.

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Help a friend put on
their coat.

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Play a game with someone
who is on their own.

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In your free time, draw a
picture for an adult you love.

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Show someone you
appreciate them.

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Push in someone else's chair.

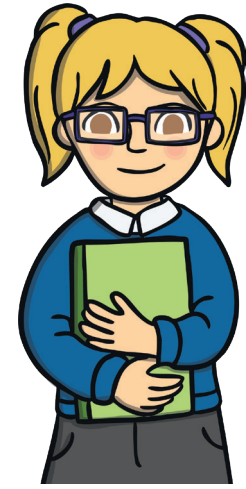
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Tidy someone else's desk area for them.



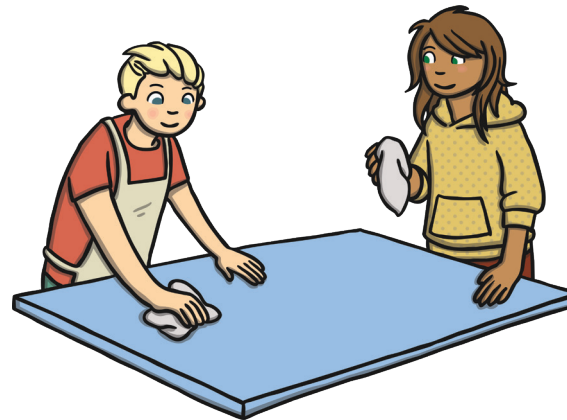
Pick up the equipment in the playground.



Tidy away someone else's book.



Give someone a compliment.



At home, wipe down the counter with a cloth.



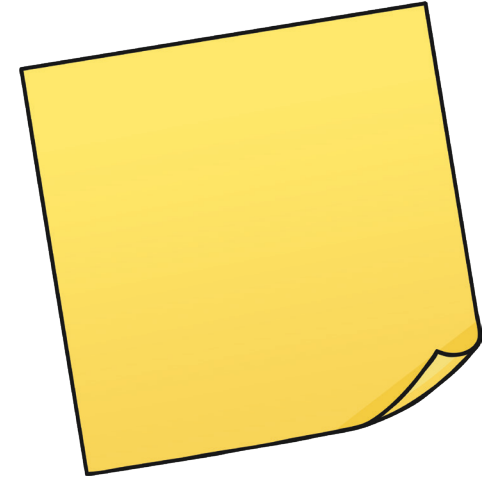
Pick up your clothes and put them in the washing machine.



Say 'please' and 'thank you' at all times.



Hold the door for a friend.



Write a thank-you note to someone.



Pick up litter and put it in the bin. (Wash your hands after.)



Tidy someone else's lunch area for them.



Offer to help an adult make dinner.



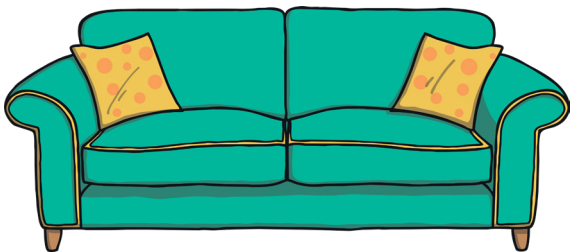
Tidy away toys.



Cheer up a friend that is sad/upset.



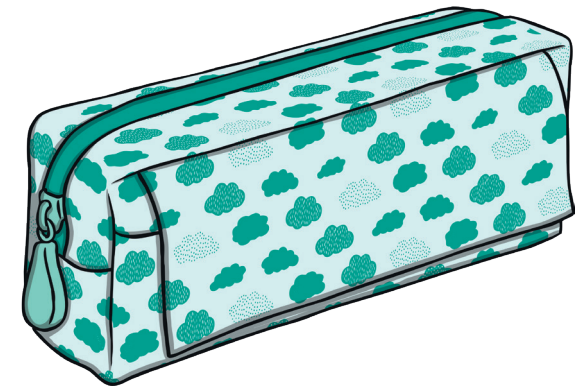
Let a friend go in front of you in the queue.



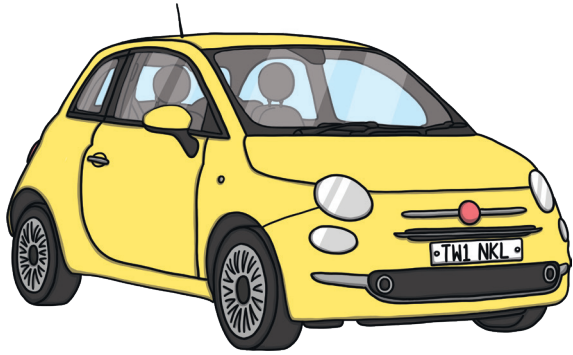
Fluff the cushions on a sofa.



Hold the door for a teacher.



Tidy someone else's stationery away for them.



On a weekend, offer to help clean out the car.



Help an adult out by folding some clothes.



Take a moment to think about someone in need.



Do a favour for someone.



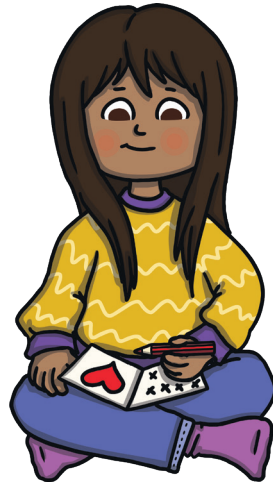
Tidy someone else's cloakroom area for them.



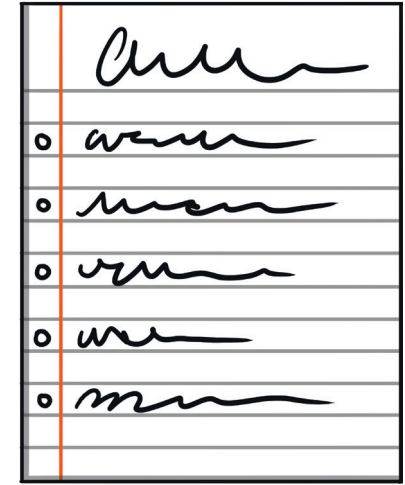
Say 'thank you' to someone who helps you.



Show someone you are listening by looking at them.



Create a card for an adult you love to show them you care.



Write a list of things you like about another person.



Offer a hug to someone.



Put something back where it belongs for someone else.

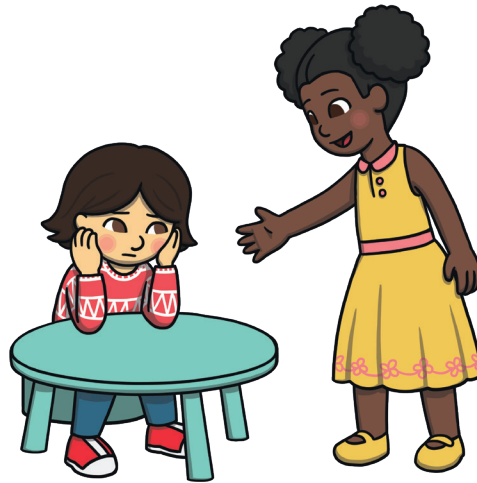


Use kind words.



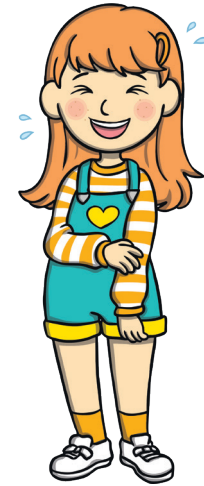
Volunteer to help at home.

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Offer a helping hand to a partner who is stuck.

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Tell someone a joke to make them laugh.

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