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| Pick up litter and  put it in the bin | Be extra patient  with people | Offer to hang out  with a friend who’s feeling down |
| Offer to help  clean the house | Offer to help  someone carry  things when their  arms are full | Donate your  spare change |
| Spend quality time  with a friend  or family | Give up your seat to someone on public transport | Help out at  home without  telling anyone |
| Leave someone  a happy note  on their desk | Help a friend with  their school work | Recycle as much  waste as possible |
| Give a friend or  family member  a hug | Let someone in  front of you  in a queue | Get involved in a volunteer project |
| Chat to someone  you wouldn’t  normally talk to | Research the  work of a charity | Buy someone  who is homeless  a meal |
| Pray for someone  who is in need | Thank God for your blessings | Say a prayer for  a family member |