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| Pick up litter andput it in the bin | Be extra patientwith people | Offer to hang outwith a friend who’s feeling down |
| Offer to helpclean the house | Offer to helpsomeone carrythings when theirarms are full | Donate yourspare change |
| Spend quality timewith a friendor family | Give up your seat to someone on public transport | Help out athome without telling anyone |
| Leave someonea happy noteon their desk | Help a friend withtheir school work | Recycle as muchwaste as possible |
| Give a friend orfamily member a hug | Let someone infront of youin a queue | Get involved in a volunteer project |
| Chat to someoneyou wouldn’tnormally talk to | Research thework of a charity | Buy someonewho is homelessa meal |
| Pray for someone who is in need | Thank God for your blessings | Say a prayer fora family member |