

Donate a piece of clothing you like.

Say thanks to your parents, for no reason.

Call a relative you have not spoken to in a long time.

Be kind to a classmate you don't know.

Clean your room—without being asked to.

Take out the garbage

Deliver a compliment—and mean it.

Invite someone outside your crowd to play at the playground.

Give someone a hug coupon.

High-five a friend who gets the answer right at school.

Write the teacher a nice note.

Hold open a door for a someone.

Donate one of your toys

Help with dinner

Make a card for a friend

Vacuum the carpets

Let your brother or sister go first.

Clean your room

Make your bed

Help a senior citizen load their groceries.