

HOLD A DOOR FOR
SOMEONE

GIVE TEN PEOPLE
HIGH FIVES

SMILE AT
EVERYONE YOU
PASS

GIVE THREE
PEOPLE
COMPLIMENTS

INVITE
SOMEONE NEW
TO SIT WITH YOU



DONATE A TOY TO
SOMEONE IN
NEED

GIVE SOMEONE
A THANK-YOU
NOTE

TELL A TEACHER
THANK YOU

DO YOUR OWN
RANDOM ACT OF
KINDNESS

BRING A
NEIGHBOR
COOKIES

TELL YOUR
PARENTS WHY
YOU LOVE THEM

TALK TO
SOMEONE NEW

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