

1



Make a list of things you are thankful for

2



Do a chore for someone else

3



Let someone have a turn before you

4



Help make dinner with your family

5



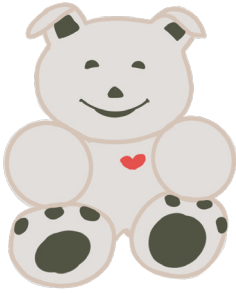
Help take care of a pet/animal

6



Shop for your local food pantry

7



Donate a toy

8



Pick up litter in your neighborhood

9



Give a compliment to someone

10



Draw a picture for someone

11



Thank your mailman/woman

12



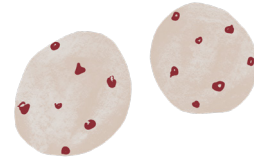
Donate a winter coat

13



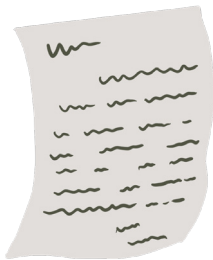
Clean your room

14



Make some treats to give away

15



Write a letter to someone in the family

16



Leave a happy chalk message

17



Donate some books to the library/school

18



Thank your teachers

19



Leave a happy post it note to be found

20



Call a friend you haven't talked to in a while

21



Hold the door open for someone

22



Do something thoughtful for your parents

23



Support a local small business

24



Pause all screens and savor this time

25



Recycle any packaging you can