

Help someone with a chore at home

Donate an old book/toy to a library or shop

Have a day with no screen time!

A good deed of your choice

Pick up some litter

Tell your best friend why they are your best friend.

Make a thank you card for someone.

Leave a thank you note for your postman

Feed some local wildlife

Read a book with someone at home.

Find a treat for your teacher.

Take a family selfie!

Tell your family all about your day at school!

Play with someone you might not normally play with.

Make a list of 5 places you wish you could go with your family.

Ring/facetime a family member you have not spoken to in a while

Pray for people less fortunate than yourself.

Smile at everyone you see today.

Try a new fruit or vegetable

Go for a family walk!

Pay someone a genuine compliment

Do something to help the environment

Donate a small amount to charity

Make a Christmas card for someone not in your class.