Acts of Kindness

- Be friendly. Smile and say "Hello" to everyone you see today. Say "please" and "thank you" every time someone does something nice for you.

- Write a note of appreciation to a family member or friend.

- Look for the good in people. Say or write 3 compliments to others.

- Do something helpful today before being asked (sweep the floor, wash the dishes, or clean your room).

- Nurture a plant or animal to help it grow by feeding it or taking care of it.

- Make a special snack or meal to share with your family.

- Be on the lookout for someone who needs help today and ask, "May I help you?"