

Make a card or
picture for someone
at home

Send a
grandparent/older
friend a nice
message/video

Offer to help making
the dinner

Bake some cakes for
the family

Send your friends a
nice message/card

**Throw kindness
around like confetti!**

Try to do at least one kindness
challenge each day

Leave someone a
positive message as
a surprise

Give everyone in the
house a
compliment, and
mean it

Spread joy by
singing a happy
song

Make someone
laugh

Help to tidy up the
house