Sort through your toys and donate any that you no longer play with

Donate to the local food bank

Leave chalk messages around where you live

Sharpen all the pencils in the classroom at breaktime

Donate clothes to charity

Leave change in the vending machine

Write a letter to your sibling telling them why you love them

Leave a beautiful homemade bookmark in your library book

Leave the pound in the shopping trolley

Deliver cookies to your neighbours

Tidy your bedroom without being asked

Sit next to someone you normally don't at the lunch table

Make a bird feeder

Send a care package to someone in the military

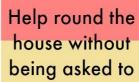Give a lottery ticket to a stranger

Pass on some of your books to friends

Find three of your toys to give to the local childrens hospital

Donate books to your school library

Wash your parents car

Write a thank you note for the bin collectors and post person

Put together a shoebox for your local church

Donate pet food to a local shelter

Help round the house without being asked to

Clean up the area where you live by picking up litter

Write thank you cards for your teacher, coach, Cubs leader

Leave out water for the birds

Give a homeless person a blanket

Take everyone in your class a cookie

Offer to help an elderly friend or neighbour

Make a thank you card for the school crossing staff

Offer to pack the shopping bags of the person in front of you

Invite a new friend for a play date or out to play

Walk someone else's dog

Give out a complement

Give out free hugs today

Hold the door open for people all day

Tell a joke

Put a small bin in your car to collect recycling

Dontae this weeks pocket money to charity

Do a chore for someone without them knowing

Leave happy notes around town

Ring an elderly relative and have a nice chat to them

Introduce yourself to someone new at school and chat with them

Let someone go in front of you in a queue

Smile all day

Tape change to a parking meter

Tape money for the ice cream van to a friend's front door

Garden for a neighbor

Bring flowers to your teacher

Call a friend you haven't seen in a while to say hello

Pass out stickers to kids waiting in line

Buy a coffee for a stranger

Tell someone why they are special to you

Leave bubbles on someone's doorstep

Call your grandparents and ask them about their childhood

Bake dessert for a neighbor

Check in on an elderly neighbor

Set the table for dinner