1 Say a nice thing to a friend.

2 Give someone a high five and tell them they're awesome.

3 Give someone a thumbs up if you see them trying hard.

4 Draw a picture for someone.

5 Help someone with a task they are doing.

6 Smile at someone.

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7 Write a special poem for someone.

10 Make a new friend.

8 Give somebody a compliment.

11 Write a 'thank-you' note to someone who helps you.

9 Share something with someone else.

12 Help to tidy up.

13 Tell someone one thing you like about them.

16 Tell someone 'well done' for doing a good job.

14 Put your rubbish in the bin.

17 Thank an adult for something they do.

15 Hold the door open for someone.

18 Tell a friend why they are special to you.

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19

Recycle something.

22

Make up a cool alliterative name for someone, e.g. 'Super Sarib' or 'Brilliant Brian'.

20

Ask someone how they are feeling.

23

Sing a nice song for someone.

Say 'Merry Christmas' to someone!

21

Make a card for someone. Write something kind inside.

24

Hide a drawing of a smiley face for someone else to find.

25