

Cleaned my room	Help pack the shopping bags	FREE SPACE - CHOOSE A KINDNESS ACT	Held open the door for someone	Make someone a cup of tea
FREE SPACE - CHOOSE A KINDNESS ACT	Bake cakes for a family member	Help with gardening	Write thank you notes	Make a card for someone
Helped put the shopping away	Cleaned the dishes	FREE SPACE - CHOOSE A KINDNESS ACT	Make someone smile by telling them a joke	Hug a family member ... just because!
Donate clothes or toys to a charity shop	Help with the cooking	Complimented someone by telling them something you like about them	Write a gratitude list to someone - thank you for things they do for you	FREE SPACE - CHOOSE A KINDNESS ACT
Praise someone for doing something kind.	FREE SPACE - CHOOSE A KINDNESS ACT	Help an adult with making dinner	Help with taking care of a pet.	Tell someone you love them just because