1. Throw away trash you see lying on the ground.

2. Comfort a family member who is sad.

3. Share with a friend.

4. Be a friend to someone at school who seems lonely.

5. Let a friend go first when playing a game.

6. Write notes to your family telling them how much you love them.

7. Finish your chores without being asked.

8. Visit someone who is not feeling well.

9. Comfort a family member who is sad.

10. Share with a friend.