

**MAKE A CARD  
FOR SOMEONE**



**KINDNESS  
SCAVENGER  
HUNT**



**SHARE SOMETHING  
YOU LOVE**



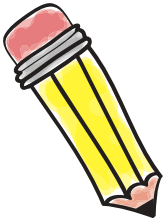
**CLEAN UP YOUR  
BEDROOM**



**MAKE SOMEONE  
LAUGH**



**DONATE SOMETHING  
YOU NO LONGER USE**



**DRAW A PICTURE OF  
YOURSELF FOR  
SOMEONE WHO  
MISSES YOU**



**GIVE EVERYONE IN  
YOUR HOME A  
COMPLIMENT**



**GO FOR A WALK AND  
SAY HELLO TO  
EVERYONE YOU PASS**



**THINK OF 3 THINGS  
YOU'RE GRATEFUL FOR**



**ADD SOMETHING TO  
YOUR WISH JAR**



**CALL A GRANDPARENT  
OR NEIGHBOUR**