




Choose a toy to donate to charity



Bring bubbles to the park and share them with other children




Offer to wash your dog (or a friend or neighbour's dog)



Smile at as many people as you can



Leave a friendly note in a library book



Pick up rubbish in a public place




Make a friendship bracelet for a friend



Draw a picture for someone

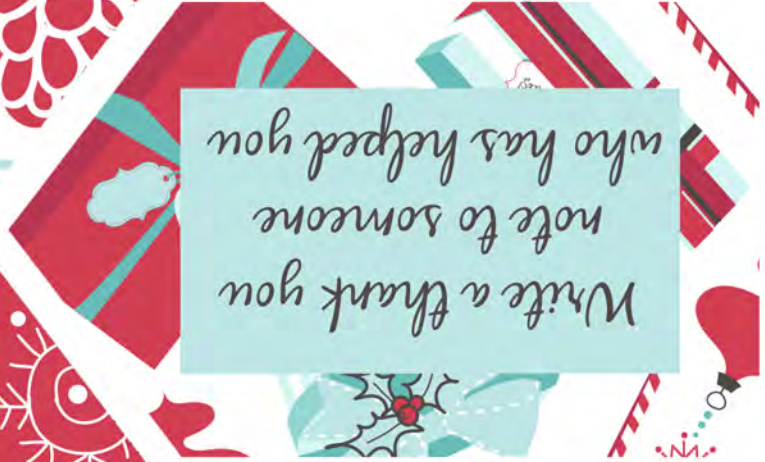




Call a family member you haven't seen for a while




Bake a treat for a friend




Write a thank you note to someone who has helped you




Pick flowers and give them to someone



Say a cheery hello to at least 3 people



Give someone a compliment



Give Mum or Dad a foot rub



Invite a friend over to play