

**SAY THANK YOU TO A
CUSTODIAN**

**TEXT SOMEONE GOOD
MORNING OR GOOD NIGHT**

**TELL A
SIBLING/PARENT/FRIEND OR
TEACHER HOW MUCH YOU
APPRECIATE THEM**

**ASK SOMEONE HOW THEY'RE
DOING & TRULY WAIT &
LISTEN TO THE ANSWER**

**THROW AWAY YOUR TRASH
& SOMEONE ELSE'S WHEN
YOU'RE DONE EATING**

**HOLD THE DOOR OPEN FOR
SOMEONE**

**LEAVE A DOLLAR IN THE
VENDING MACHINE**

**SAY "GOOD MORNING" OR
"GOOD AFTERNOON" TO
OTHER PEOPLE WHEN YOU
PASS THEM**

**TRY TO MAKE SURE
EVERYONE IN THE
CONVERSATION FEELS
INCLUDED**

SAY HI TO STRANGERS

**IF YOU HAVE CLOTHING IN
GOOD CONDITION THAT YOU
DON'T WEAR, DONATE IT**

**SEND PAPER THANK YOU
NOTES FOR THINGS OTHERS
HAVE DONE FOR YOU**

**PUT STICKY NOTES
W/ POSITIVE MESSAGES ON
THE MIRRORS IN PUBLIC
RESTROOMS**

**IF YOU SPOT TRASH LAYING
AROUND OUTSIDE OR IN THE
HALLWAYS, PICK IT UP**

**EMAIL OR WRITE AN OLD
TEACHER WHO MADE A
POSITIVE IMPACT ON YOU**

**TWEET A GENUINE
COMPLIMENT TO THREE
PEOPLE**

**OFFER TO GIVE A FRIEND A
RIDE HOME**

**PUT YOUR PHONE DOWN
WHEN YOU'RE TALKING TO
SOMEONE - GIVE THEM YOUR
FULL ATTENTION**

**LEAVE LETTERS OF
ENCOURAGEMENT ON
PEOPLE'S CARS**

**LET SOMEONE GO IN FRONT
OF YOU IN LINE**

**DO A FAVOR WITHOUT
ASKING FOR ANYTHING IN
RETURN**

**SHOW THE NEW KIDS
AROUND YOUR SCHOOL**

**SEND A LETTER TO A GOOD
FRIEND INSTEAD OF A TEXT**

**WRITE A KIND OR
ENCOURAGING MESSAGE ON
A NAPKIN & LEAVE IT ON THE
TABLE**

**SMILE AT EVERY PERSON
WHO CROSSES YOUR PATH
FOR THE DAY.**

**IF SOMEONE DROPS
SOMETHING IN THE HALLWAY
(EVEN A TEACHER) HELP
PICK IT UP!**

**SEE SOMEONE SITTING BY
THEMSELVES AT LUNCH
SIT WITH THEM**

**WRITE KIND WORDS ON A
ROCK AND LEAVE THEM AT A
PARK**

**GIVE OUT FREE HUGS
TODAY, TOMORROW ...
MAYBE ALL YEAR!**

**INTRODUCE YOURSELF TO
SOMEONE NEW AT SCHOOL
AND CHAT WITH THEM**

**SAY HELLO TO EVERYONE
YOU SEE**

**EVERY NIGHT BEFORE YOU GO
TO BED, THINK OF THREE
THINGS YOU'RE GRATEFUL
FOR**

LEAVE A KIND, FUNNY,
OR INSPIRING NOTE IN A
LIBRARY BOOK YOU'VE
READ

IF YOU'RE SAYING NICE
THINGS ABOUT A PERSON
WHO IS NOT PRESENT, TEXT
THEM TO LET THEM KNOW

POST A GROUP PHOTO FROM
CHILDHOOD ON SOCIAL MEDIA
& TAG PEOPLE YOU HAVE AS
FRIENDS BUT DON'T
CONNECT TO OFTEN

WRITE YOUR 10 FAVORITE
THINGS ABOUT A FRIEND
WHO HAS JUST GONE
THROUGH A BREAKUP.

DELIVER A COMPLIMENT A
DAY—AND MEAN IT.
DELIVER TWO IF YOU SEE IT
MAKES FRIENDS AND
FAMILY HAPPY.

SEND SOMEONE A YOUTUBE
LINK TO AN INSPIRATIONAL
SONG OR VIDEO CLIP

LIKE SOMEONE'S SELFIES ON
INSTAGRAM, EVEN IF YOU
HATE SELFIES 😊

IF YOU'RE JUST THINKING
NICE THINGS ABOUT A
PERSON, TEXT THEM TO LET
THEM KNOW

**IF YOU KNOW SOMEONE
WHO IS ALWAYS LEFT OUT,
TRY TO INCLUDE THEM IN A
CONVERSATION OR ON A
PROJECT.**

**IF YOU SEE SOMEONE BEING
CYBERBULLIED, SEND THEM
A PRIVATE MESSAGE OF
SUPPORT AND HOPE!**

**IF YOU SEE SOMEONE WITH
SPECIAL NEEDS, SEE IF YOU
CAN HELP THEM TO CLASS OR
LEARN SOMETHING NEW
ABOUT THEM.**

**GET SEVERAL PEOPLE
TOGETHER TO HOLD THE
DOORS OPEN FOR SCHOOL IN
THE MORNING AND SAY
HELLO TO EVERYONE**

**IF YOU KNOW SOMEONE
STRUGGLING WITH BEING
BULLIED, LET THEM KNOW
YOU CARE & SEE IF THEY
NEED HELP OR SUPPORT**

**IF YOU HAVE EVER BEEN
RUDE, MEAN OR EVEN
BULLIED SOMEONE TELL
THEM YOU ARE SORRY AND
MEAN IT!**

**IF YOU KNOW SOMEONE
WHO IS NEVER PICKED FOR A
TEAM OR PROJECT, PICK
THEM AND INTRODUCE
THEM TO OTHERS.**

**LEARN FACTS & STATS
ABOUT MENTAL ILLNESS,
ANXIETY OR STRESS AND
PUT IT ON POST-IT NOTES
AROUND SCHOOL**