

Write a note of kindness to your mom and put it on her pillow.

Donate a high protein to a food bank.

Read for 30 minutes.

Call a grand parent.

Leave a kind note to your teacher.

Hold the door open for someone.

Set the table for dinner.

Donate to an animal shelter.

Write a letter to a relative.

Read to a younger sibling.

Do a secret act of kindness for someone.

Do a chore without being asked.

Read for 30 minutes.

Donate a high protein to a food bank.

Write a note of kindness to your dad and put it on his pillow

Compliment a classmate you don't know.

Help your sibling pick up their room.

Select one toy to give to Toys for Tots.

Donate a high protein to a food bank.

Volunteer to sweep out the garage.

Read for 30 minutes.