



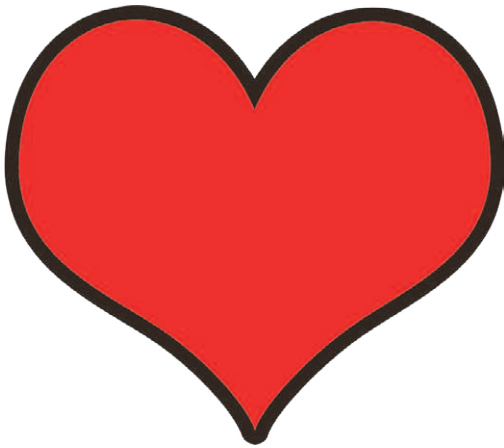
Smile and say 'thank you'  
to someone.



Help someone with something.



Play a game with someone  
who is bored.



Tell someone why you  
love them.



Show someone you  
appreciate them.



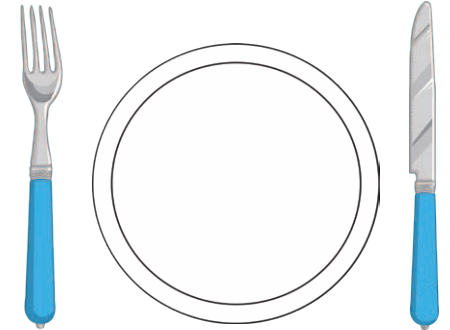
Pick something up for  
someone else.



Tidy someone else's things for them.



Share your toys with someone.



Help get the table ready for dinner.



Give someone a compliment.



Wipe down the worktop with a cloth.



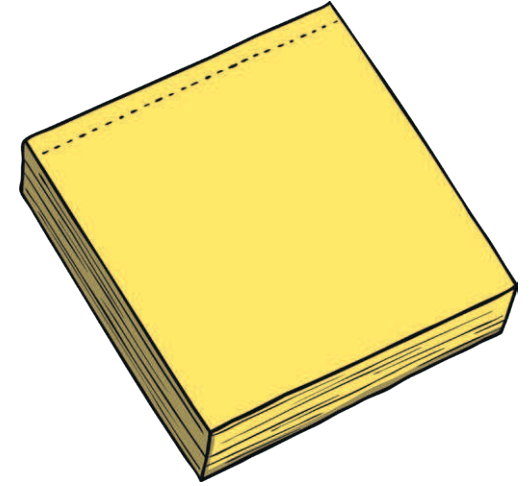
Pick up your clothes and put them in the washing machine.



Say 'please' and 'thank you' at all times.



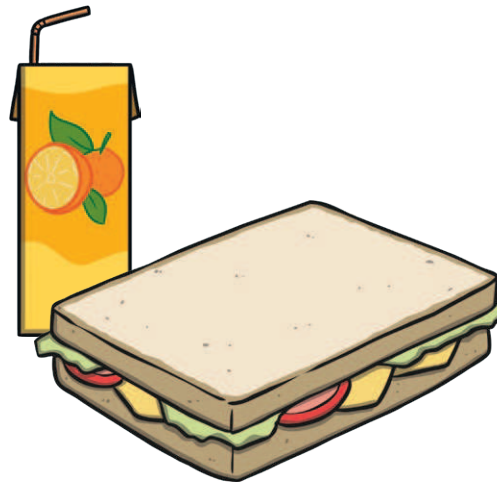
Hold the door open for someone.



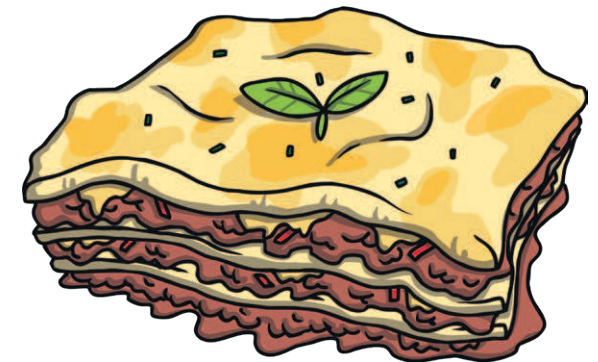
Write a thank-you note to someone.



Help out in the garden.



Help prepare lunch.



Offer to help an adult make dinner.





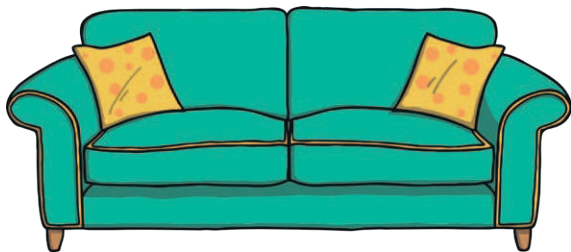
Tidy away toys.



Cheer up someone who is sad.



Record a video message for someone you know.



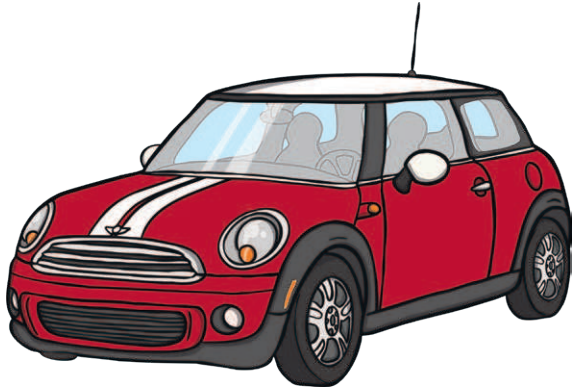
Fluff the cushions on a sofa.



Do something kind.



Draw a picture for someone.



Offer to help clean out the car.



Help an adult out by folding some clothes.



Take a moment to think about someone in need.



Spend time chatting to someone.



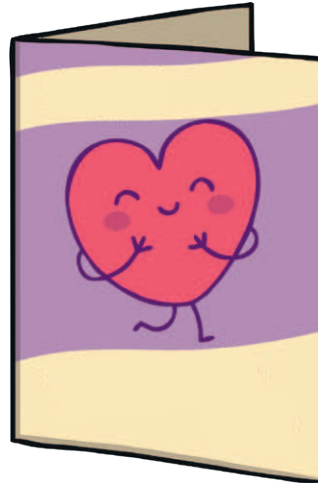
Share a story.



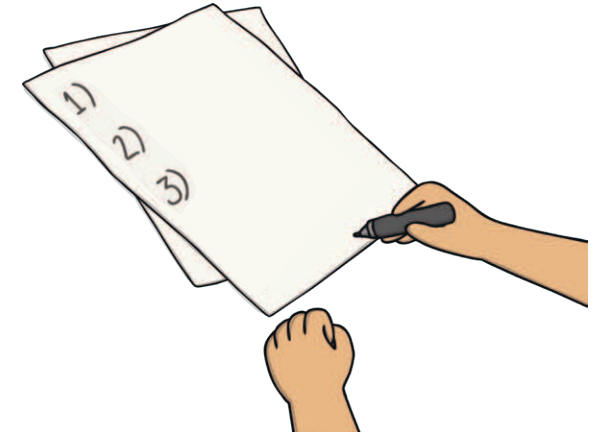
Say 'thank you' to someone who helps you.



Show someone you are listening by looking at them.



Make a card for someone.



Write a list of things you like about another person.



Offer a hug to someone.

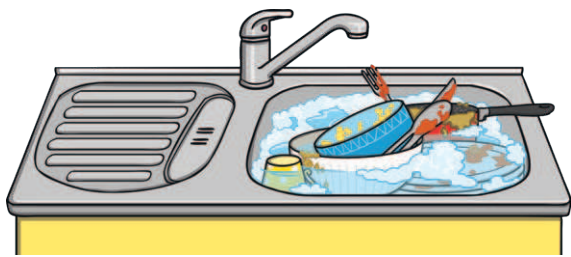


Make someone a drink.



Use kind words.





Help with the washing-up.

[twinkl.com](https://www.twinkl.com)



Offer help to someone  
who needs it.

[twinkl.com](https://www.twinkl.com)



Tell someone a joke to make  
them laugh.

[twinkl.com](https://www.twinkl.com)