

Smile at 2 people today.	Give someone a 'high five'.	Do more than is expected of you today.	Do a little extra around the house.	Ask your parents, 'How can I help you?'
Tell someone he/ she looks nice.	Use super manners all day long.	Hold the door for someone today.	Notice someone who is extra quiet. Say 'Hello!'	Give 5 hugs today.
Be extra helpful to another student.	Ask someone new 'How are you?' today and really listen to the answer.	Surprise a friend with a card today.	Call a cousin or far-away friend.	Sit by a new friend today.
Ask a classmate about his or her family or pets.	Lend a hand today.	Make a card for an elderly person today.	Be extra inclusive today.	Secretly give someone a little treat today.
Say 'I'm sorry' if you need to.	Be forgiving.	Give extra help to someone.	Say 'goodmorning' to someone new today.	Really listen to your friends today.