



Smile and say
'thank you' to someone.



Help someone with something.



Play a game with someone
who is bored.



In your free time, draw a picture
for an adult you love.



Show someone you
appreciate them.



Pick something up for
someone else.



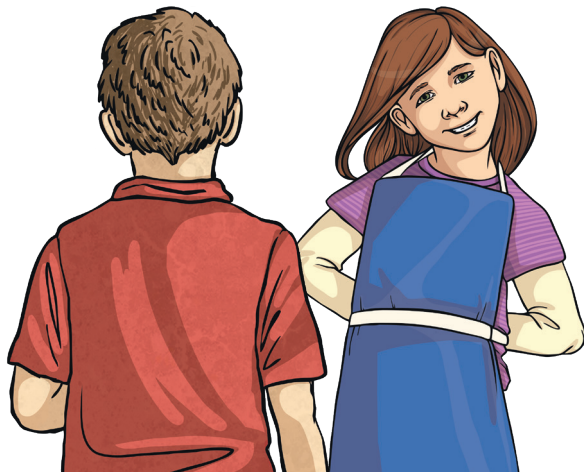
Tidy someone else's belongings for them.



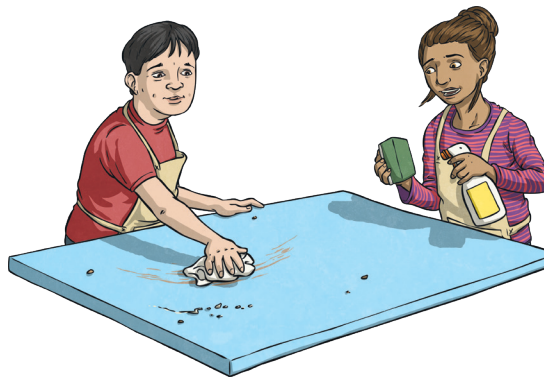
Tidy away what you have been using before getting something else out.



Help prepare the table for dinner.



Give someone a compliment.



Wipe down a worktop with a cloth.



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

please

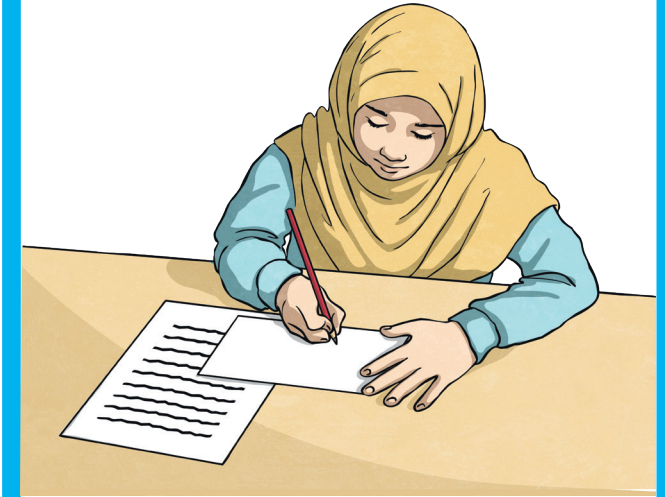
thank you



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



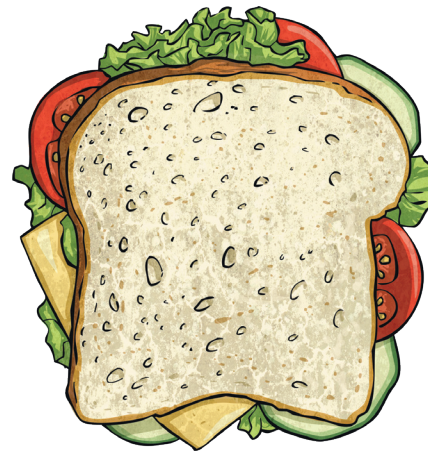
Hold the door for someone.



Write a thank-you note to someone.



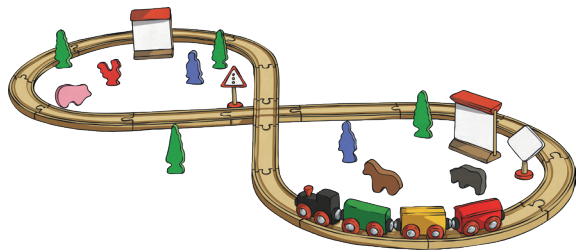
Pick up litter and put it in the bin. (Wash your hands after.)



Help prepare lunch.



Offer to help an adult make dinner.



Tidy away toys.



Cheer up a family member that is sad or upset.



Record a video message for someone that you know who is on their own.



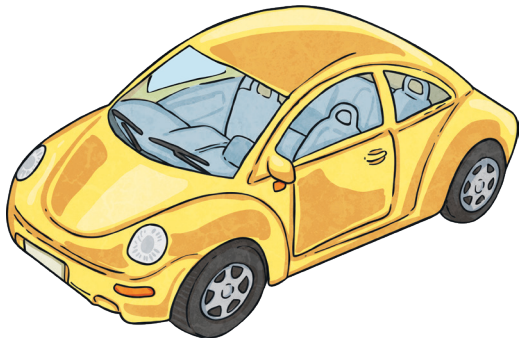
Fluff the cushions on a sofa.



Do something kind for a family member.



Tidy someone else's stationery away for them.



Offer to help clean out the car.



Help an adult out by folding some clothes.



Take a moment to think about someone in need.



Do a favour for someone.



Help someone with their work.



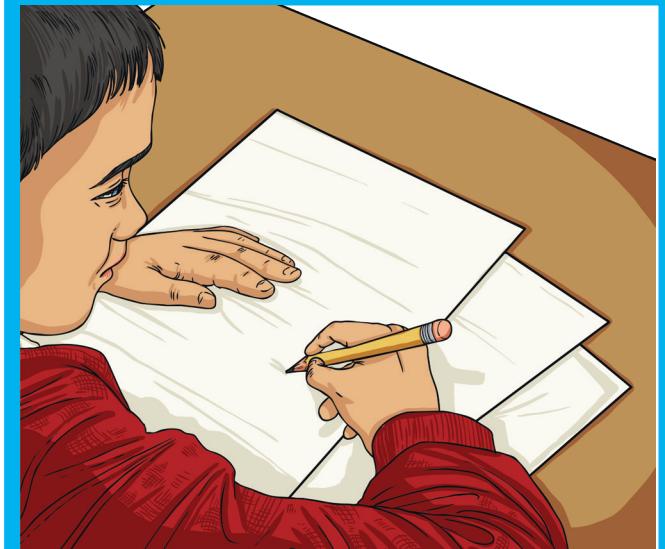
Say 'thank you' to someone.



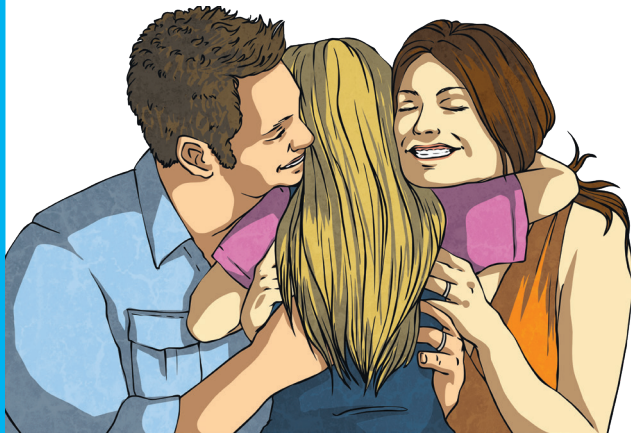
Show someone you are listening by looking at them.



Create a card for an adult you love to show them you care.



Write a list of things you like about another person.



Offer a hug to someone.



Help fix something that is broken.



Use kind words.



Help with the washing-up.



Offer a helping hand to someone who needs it.



Tell someone a joke to make them laugh.