Give somebody a nice compliment today.
Tidy up your classroom without being asked.
Send a letter, card or picture to an adult who is important to you.
Be the first to say sorry to somebody.
Go the whole day without arguing.
Turn off lights, TV and chargers when you leave a room.
Be a good team player, don’t hog the ball and compliment team mates.
If someone does something for you, make sure you say ‘thank you’.
Show your best manners whenever you are eating today.
Chat with someone outside of your usual group of friends.
Say something nice about someone behind their back.
Ask somebody in your class to say what they enjoyed most that day.
Make an extra effort to smile more.
Be a friend to a shy person.
Ask if you can help at school.
Thank the adults who help you.
Make a card or note saying something nice about a classmate or friend and hide it in a place that they will find it.
Pick up litter and put it in the bin.
Share your best joke today.
Play with a child from another year group.
Introduce yourself to another child who you see all the time. Remember their name next time you see them.
Follow instructions without complaining.
Look out for someone who is sad today and find a way to cheer them up.
Hold the door for someone today.
Don’t walk past someone today without saying something kind.
Eat all of your lunch and say thanks to whoever made it.
When you’re tempted to push in front, let someone else go first.
Help someone who has fallen over.
Help somebody else with their work.
Ask somebody to tell you about themselves and listen closely to what they say.
Tell somebody why you think they are special.
Surprise somebody today.
(In a nice way).
Be brave today.
Do something that you found hard last time you tried.
Look after someone else today.
Help the environment, don’t waste paper.
Which charity should your school give to this year? 
(Suggest them to your teacher).
How could your school raise money for charity this year?
Don’t interrupt. Listen carefully, you may learn something new.
Invite somebody new to join in with your game.
Try to find out about somebody your own age from a poorer country and imagine what it would be like to swap lives.