Say something nice to someone today.
Say thank you to someone who cares about you.
Pick up trash that someone left behind.
Hug someone who seems to need it.
Say please when asking for something.
Say thank you when you receive it.
Say sorry when you hurt someone…and mean it.
Think of things you really like about yourself.
Keep your things tidy and clean.
Make your room or space special.
Watch a movie or TV program that is loving or funny.
Pet your animal if you have one.
Share your things with friends.
Appreciate learning even if it’s hard.
Open doors for people.
Listen when others are speaking.
Talk respectfully.
Let someone go ahead of you in line.
Laugh.
Compliment others constantly.
Take time for yourself.
Embrace someone new at school or work.
Be interested in others.
Be grateful for what you have.
Be determined to grow.
Be caring to all living things.
Never be afraid to show love…it is what the world needs most.

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