



On a weekend, 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.



Tidy someone else's cloakroom area for them.



Say 'thank you' to someone who helps you.



Offer a hug to someone.



Put something back where it belongs for someone else.



Use kind words.



Volunteer to help at home.



Offer a helping hand to a partner who is stuck.



Tell someone a joke to make them laugh.