

Write a note to let someone know you appreciate them

Look and find a place you can tidy before someone sees you.

Call your grandma or grandpa to say hello.

Draw a picture for someone to cheer them up.

Bring in the neighbor's trash can from the street.

Write a thank you note to your teacher.

Rake a neighbor's lawn.

Set the table for a meal without being asked.

Spend time with a sibling doing what they want to do.

Read a book out loud to a sibling.

Ask your folks or grandfolks to share a story about themselves when they were your age,

Look for someone who is alone at school or during an activity and reach out to include them in your group or play.

Sweep the floor, porch, sidewalk, etc without being seen.

Play a board or card game with your family with a "no phones out" rule.

Find a good spot for people to put their phones down during meals and make a silly sign like:

"Phones here while we eat and our time together can be more sweet!"

Paint a rock and add a happy or uplifting word. Leave it somewhere for someone to find.

Ask your mom or dad what their favorite thing was for that day.

Read a book to or with mom or dad.

Find a small piece of paper and leave secret notes with kind words.: Slip it into your siblings backpack or lunchbox to find.

Put one in your mom's purse or dad's wallet. Place it in the cold cereal box for someone to find when getting breakfast.

Leave a note in your favorite library book with encouraging words like:

*You matter.*

*Good job for reading a book!*

*Someone wishes you a fabulous day!*

*Don't worry. Be happy.*

(Make sure the note is on a separate piece of paper. Never write on the book itself.)

Give your mom and/or dad a high five and say "That's for doing a good job at being my mom (or dad)."

Do your responsibilities (chores, jobs) with a smile. Surprise your mom or dad by doing it before they remind you.

Help a sibling with their job or surprise them by doing it for them in secret.

Start a journal and record one thing every day that you are grateful for.

Have a meal time "Grat-Tat" (Gratitude tattle): everyone takes a turn sharing something they are grateful for or a service /kind thing they saw someone do that day.

Keep a secret service mission log in a notebook that you keep hidden. Write down what ones you do and ideas for others. Plan out how you can do your secret services without being seen.

