



i Serve

Myself

- Take a nap
- Learn something new
- Exercise
- Take a walk
- Read a book
- Write in a journal
- Draw or color

My Family

- Go for a walk together
- Family game night
- Do someone else's chores
- Help with yard work
- Help cook dinner
- Ask someone about their day

My Friends

- Take an exercise class together
- Watch a movie together
- Ask them about their day
- Share your snack
- Help them with a project
- Invite someone to sit at your table
- Write a note of kindness

My School

- Hold a door for someone
- Sit with someone new at lunch
- Help clean up after lunch
- Pick up paper or pencils in the hallway
- Write a note of kindness or thanks to someone who works at school
- Smile at people in the hallway

My Community

- Help a neighbor with yard work
- Pick up in your neighborhood or at a park
- Help someone at a store with packages or by holding the door
- Use your allowance to buy someone a treat in the drive-thru line
- Write a thank you note to police officers, fire fighters, and other community members



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