

Introduce Leave a positive yourself to Invite someone Tidy up after comment under a to play with you someone alone in someone post the playground Like or share a Thank your Give a classmate a Greet your teacher positive post with teacher at the end high five with a smile your friends of a lesson Send a nice Thank the Write a card for Compliment a message to a lunchtime staff someone special friend family member Help someone with Ask an adult if Sit with someone Hold a door open they need any help their work in class new at lunch for someone Send a positive Talk at the dinner Ask someone how Do chores at home message to a table (no devices) they are doing friend

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Tidy up after someone	Introduce yourself to someone alone in the playground	Invite someone to play with you	Leave a positive comment under a post
Like or share a positive post with your friends	Give a classmate a high five	Thank your teacher at the end of a lesson	Greet your teacher with a smile
Send a nice message to a family member	Thank the lunchtime staff	Write a card for someone special	Compliment a friend
Ask an adult if they need any help	Help someone with their work in class	Sit with someone new at lunch	Hold a door open for someone
Send a positive message to a friend	Talk at the dinner table (no devices)	Ask someone how they are doing	Do chores at home

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Random Acts of Kindness Follow-up









