

Make a holiday card for a retirement home.

Help around the house without being asked.

Hold the door for people.

Take a holiday treat to a neighbor or friend.

Offer to help your parents make dinner, without being asked.

Ask a neighbor if you can help them with anything.

Give 5 compliments today.

Smile at 10 people today.

Leave holiday cookies for the mailman/woman.

Give lots and lots of hugs all day!