

<b>Give someone a positive note</b>	<b>Introduce yourself to a new person</b>	<b>Hold a door open for someone</b>	<b>Text a positive message to a friend</b>	<b>Ask someone about their day</b>
<b>Clean up a mess that isn't yours</b>	<b>Put something in the recycle bin</b>	<b>Invite someone who is eating alone to join you for lunch</b>	<b>Give someone a compliment</b>	<b>Make someone laugh</b>
<b>Let someone go in front of you in line</b>	<b>Smile at another student</b>	<b>Say "thank you" to your bus driver</b>	<b>Say "thank you" to a parent for something specific</b>	<b>Write a thank you note for a teacher</b>
<b>Help someone</b>	<b>Say "thank you" to a custodian or cafeteria staff</b>	<b>Drink 8 glasses (or bottles) of water</b>	<b>Make a healthy food choice</b>	<b>Do your chores without being asked</b>
<b>Help solve a problem or conflict</b>	<b>Smile at a stranger</b>	<b>Use a reusable water bottle for a whole week</b>	<b>Find time to meditate, reflect, or be mindful</b>	<b>Get at least 30 minutes of exercise outside of P.E. class</b>