

1. Give up television or internet for one day

2. Genuinely compliment someone who isn't expecting it

3. Pray for someone who has been unkind to you

4. Clean up a mess that someone else made

5. Surprise someone by doing a task or chore for them

6. Donate clothes you no longer need to a community thrift store

7 . Thank someone for all the nice things they do for you

8. Read a book about Lent or Easter

9. Listen to worship music while doing a task you have been putting off

10. Do something healthy to take care of your body

11. Do something to help the earth

12. Give up sweets and other snacks for a day

13. Read one book of the Bible

14. Do a foot washing with your family

15. Watch a church service online with your family

16. Take a walk and thank God for nature

17. Do something kind for one of your neighbors

18. Bake something and bring it to someone who is lonely

19. Donate to a food shelf

20. Make a list of things you're grateful for

21. Clean your room without being asked

22. Let someone have a turn before you

23. Tell someone why they are important to you

24. Call someone just to chat

25. Write a thank-you note to a police officer, fire fighter, teacher or someone who helps you

26. Use only positive words

27. Say hello to everyone you meet today

28. Leave a treat in your mailbox for the mail carrier

29. Compliment five people today

30. Hold the door for a stranger

31. Tell someone you love them

32. Pay for someone else's coffee or meal in a drive-thru

33. Send a care package to a relative who lives far away from you

34. Give flowers to a stranger

35. Make someone else's bed

