Giving Activities

1. do someone else’s chore
2. give someone a hug
3. help someone
4. make a card for someone
5. make a craft for someone
6. do something nice for Mom/Dad
7. do something kind for the earth
8. read a book to a sibling
9. say something kind to a family member
10. say something kind to a friend
11. play with someone different at recess
12. tell your teacher one thing you like about her
13. smile at as many people as you can
14. write a letter/draw a picture for our sponsor child
15. bring some baking to a neighbour
16. give something of yours to a family member
17. give something of yours to a friend
18. wash someone’s feet
19. do someone else’s laundry
20. clean a bathroom
21. make someone else’s bed

Fasting Activities

1. fast from TV
2. fast from dessert
3. fast from candy
4. from a bad habit
5. fast from sweet drinks
6. fast from meat
7. Give up fizzy drinks