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