

Make a handmade card for a grandparent.

Make a funny video and send it to a friend.

Create a cheerful painting and hang it in the front window.

Print photos of your family and make a collage.

Play with your pet/s and give them lots of attention.

Do some weeding or sweeping outside.

Put a teddy bear in a front window for kids to find.

Help out by making lunch or dinner all by yourself.

Clean your room without being asked.

Video message a younger cousin or friend and chat.

Read a book to a younger sibling or cousin.

Write 'Hello' in 7 languages and display in window.

Make art for an elderly neighbour and send a photo.

Start a family yoga session each day.

Read a chapter of a book with the family each evening.

Create a treasure hunt for a sibling with toys.

Rub someone's feet or back for 10 minutes.

Create a scrapbook on all the best times with family.

Say something kind to each family member.

Choose toys and clothing to give away to goodwill.