

Busy, busy! You could try ...



find something kind to
say to everyone in
your house



do something kind for
everyone at home



make a gift for
someone special



phone a friend and
ask how they are



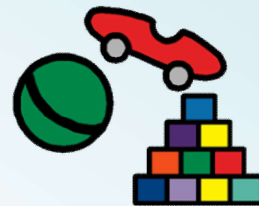
phone a loved one
for a chat - tell them
you miss them



make someone you care
about a cup of tea



tidy up your room



look out old toys for
the charity shop



offer to do some
chores