

The logo features a red heart with the number '40' inside and the word 'acts' written below it. To the right of the heart, the word 'TOGETHER' is written in a large, red, outlined, sans-serif font.

Give somebody a compliment today
Send a letter, card or picture to someone who is important to you
Be the first to say sorry to somebody
Go the whole day without arguing
Turn off lights, TV and chargers when you leave a room
Be a good team player
If someone does something for you, make sure you say 'thank you
Chat with someone outside of your usual group of friends
Say something nice about someone behind their back
Make an extra effort to smile more
Be a friend to a shy person
Be a kindness ninja Make a card or note saying something nice about a classmate or friend and hide it in a place that they will find it
Pick up litter and put it in the bin
Follow instructions without complaining
Hold the door for someone today
Don't walk past someone today without saying something kind
When you're tempted to push in front, let someone else go first
Ask somebody to tell you about themselves and really listen
Tell somebody why you think they are special
Surprise somebody (in a nice way!) today

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Be brave today. Do something that you found hard last time you tried.
Don't interrupt. Listen carefully, you may learn something new
Try to find out about somebody your own age from a poorer country and imagine what it would be like to swap lives
Make a Generosity Kit. For someone, including things like a pen, tissues or a packet of sweets inside
Help someone realise how amazing they are today
Recycle any paper, plastic, tins or glass that you use today
Have a screen-free day today and use the time for other things
Learn hello and thank you in some different languages
Thank someone you don't know e.g. bus driver or local shopkeeper
Tidy up your bedroom without being asked to
Be a positive role model today
Serve the server – do something nice for someone who is usually looking after you
If you're buying a treat, buy 2 & give one away
Roll up your sleeves & get involved!
Be positive all day and try only to say encouraging things to other people.
Check through some of your stuff & see if anything could be put to good use by someone else – take it to the charity shop
Get some post it's & use them to leave encouraging messages for people
Make time to speak to an older member of your community
Today might be a good time to make that apology you owe someone
Think before you speak and make sure your words build people up today