

Make the World a Better Place.

Watch the News.



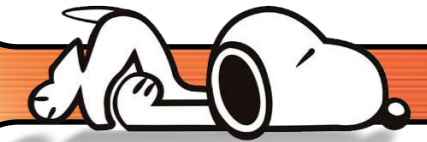
Tell someone how much they mean to you.

Do a household chore without being asked.



Dream about the future and decide what you need to do to get there

Read a book by an author you've not heard of.



Sort out what you don't need and give it to charity.



Speak out when you see something you don't think is right.

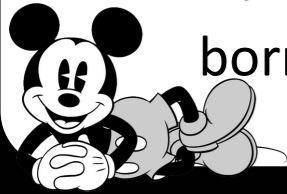


Walk a journey instead of taking the car.

Write to an MP about an issue you think is important.

Lie on the grass in the summer and stare at the clouds.

Watch a film made before you were born.



Learn a poem off by heart.



Write a list of things you would like to accomplish by the time you are 18.



Cook a meal for a friend to make them happy.



Hand write a letter to someone special and post it.

Switch off your console, tablet, computer and internet for three days.



Make a list of all the things you can be thankful for.

Talk to an older relative about your family history.

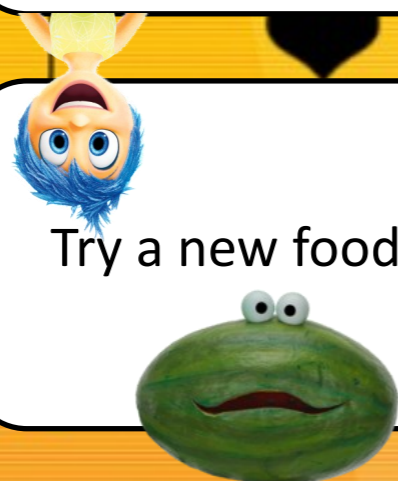


Pick up someone else's litter.

Grow something that you can eat.

Bake a cake for someone.

Try a new food.



Learn the lyrics to a song from the 1960s.

Skim a stone.



Look closely at a famous painting. What can you see?