

Missions:

- Write a list of 10 things you are grateful for
- Leave flowers or other treat on the door step of a neighbor
- Leave a note for your sanitation workers
- Help someone with a chore
- Write a note to someone and mail it
- Clean up litter on your street or at the park
- Smile at 5 strangers today
- Hand out water bottles to folks working out in the heat
- Donate some of your favorite books or toys to those in need
- Strike up a conversation with an elderly person
- Make someone laugh today! Be silly!
- Call a friend and share something that you like about your friend