

Hug your mom or dad.

SPUR holiday cheer

Hug your siblings or pets.

SPUR holiday cheer

Be the one to say something nice when everyone is gossiping.

SPUR holiday cheer

Make cookies for a friend.

SPUR holiday cheer

Smile at someone at school today, just because.

SPUR holiday cheer

Pick up a piece of litter and throw it away.

SPUR holiday cheer

Say thank you to a janitor or cafeteria worker.

SPUR holiday cheer

Make s'mores in the oven or microwave.

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Do the dishes even if it's not your turn.

SPUR holiday cheer

Hold a door open for someone.

SPUR holiday cheer

Walk the dog/feed the cat without being asked.

SPUR holiday cheer

Remember to say please and thank you.

SPUR holiday cheer

Tweet or Facebook a genuine compliment to three people today

SPUR holiday cheer

Clean out your closet and donate some of your clothes.

SPUR holiday cheer

Tape a quarter/\$1 to a parking meter or vending machine.

SPUR holiday cheer

Invite someone different to sit with you at lunch.

SPUR holiday cheer

Compliment someone in front of others.

SPUR holiday cheer

Before bedtime, think of three things you are thankful for.

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Tell your siblings how much you appreciate them.

SPUR holiday cheer

Smile when you feel like scowling.

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Cash in spare change and buy supplies for the Food Pantry.

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Sign up with SPUR to cook a meal for Lifebridge this winter.

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Smile at someone new.

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Remember to pick up your clothes.

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Donate a few of the books you don't read often.

SPUR holiday cheer

Put your phone away for 24 hours of family time.

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Do a chore for someone in your family.

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Call your grandparents or aunt/uncle to say "hi".

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Text someone to say good morning or good night.

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Have a family game night.

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Help a neighbor – shovel, carry bags, bring in the mail.

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