



WAYS TO COMPLETE YOUR QUEST

These are just some suggestions!
Please feel free to come up with
your own ways to help others
and show kindness.

- ★ Make beds or tidy bedrooms
- ★ Sort laundry or match socks
- ★ Set or clear the dinner table
- ★ Load or unload the dishwasher
- ★ Wash or dry dishes
- ★ Wipe baseboards
- ★ Dust furniture and shelves
- ★ Clean door handles and light switches
- ★ Wash windows or mirrors
- ★ Empty small trash cans
- ★ Restock toilet paper, tissues, or paper towels
- ★ Put away groceries
- ★ Organize toys, books, closets, or drawers

- ★ Clean out the family car
- ★ Help make dinner
- ★ Pack lunches
- ★ Feed pets or fill their water bowls
- ★ Brush pets
- ★ Read a book
- ★ Write a thank-you note/draw a picture for a teacher, coach, neighbor, or family member
- ★ Say 5 kind things to different people each day
- ★ Pull weeds or pick up sticks
- ★ Rake leaves
- ★ Make a card for someone in need