

21. Being thankful for what you have
22. Offering to help carry something heavy
23. Being honest on a test or assignment
24. Comforting someone who is crying
25. Saying “I’m sorry” when you hurt someone
26. Being generous with your time
27. Visiting or helping an elderly neighbor
28. Being kind to animals
29. Speaking gently instead of yelling
30. Choosing peace instead of arguing
31. Reading the Bible
32. Praying before making a difficult decision
33. Welcoming someone new
34. Helping a younger sibling with homework
35. Showing gratitude instead of complaining
36. Giving to someone in need
37. Respecting church and worship
38. Encouraging someone who feels discouraged
39. Taking responsibility for your actions
40. Being thankful to God each day
41. Being humble instead of bragging

42. Listening to wise advice
43. Showing kindness to someone who is different from you
44. Being respectful online
45. Choosing honesty instead of cheating
46. Showing mercy when someone apologizes
47. Being calm instead of angry
48. Helping a friend make a good choice
49. Thanking God for His blessings
50. Following Jesus' teachings

Darkness

1. Lying to avoid trouble
2. Taking something that doesn't belong to you
3. Making fun of someone
4. Refusing to forgive someone
5. Gossiping about others
6. Cheating on a test
7. Blaming someone else for your mistake
8. Being mean to someone weaker
9. Ignoring someone who needs help
10. Using hurtful words
11. Being disrespectful to parents
12. Being disrespectful to teachers
13. Laughing at someone who falls
14. Bullying someone
15. Excluding someone on purpose
16. Spreading rumors
17. Being selfish with everything
18. Breaking a promise
19. Being angry and refusing to calm down
20. Ignoring God completely

21. Complaining all the time
22. Being jealous of someone else
23. Refusing to say sorry
24. Taking credit for someone else's work
25. Being dishonest online
26. Watching things you know are wrong
27. Encouraging others to do wrong
28. Being rude to strangers
29. Wasting food while others are hungry
30. Ignoring someone who is hurt
31. Making fun of someone's appearance
32. Using bad language toward others
33. Being proud and bragging constantly
34. Refusing to help when you can
35. Starting fights
36. Holding grudges
37. Disobeying rules on purpose
38. Being cruel to animals
39. Laughing at someone's mistake
40. Spreading hurtful messages online
41. Being dishonest with money

42. Being lazy when responsibility is needed
43. Breaking something and hiding it
44. Encouraging bullying
45. Refusing to listen to wise advice
46. Ignoring someone who feels lonely
47. Being greedy and never sharing
48. Turning away from someone who needs kindness
49. Choosing revenge instead of forgiveness
50. Pretending you did nothing wrong when you did