Eat an entire bag of potato chips.	Open the door for the person behind you.	Steal money off your parents' dresser.
Tease someone who looks different from you.	Save a seat next to you for a new classmate at school.	Eat a piece of fruit for breakfast.
Go swimming by yourself without an adult.	Eat an entire bag of chocolates before dinner.	Clear the table after dinner without being asked.

Bring your mom a bouquet of hand-picked wildflowers.	Help take the trash out on trash day.	Push your way to the front of the line.
Cheat on your test at school.	Hide your trash under your bed instead of throwing it away.	Smoke cigarettes
Lie to your teacher about doing your homework.	Eat all your vegetables at dinner.	Cheat on the board game so you can win.

Bring your		
neighbors trash		
cans to their house		
from the curb		
after trash day.		

Send cards of encouragement for people at a nursing home or who are shut-in.

Volunteer at a local food bank or animal shelter.

Use bad words when playing on the playground.

Jump on the furniture

Have a fit when things don't go your way.

Punch a wall or person because you are mad.

Tell your friend mean things because you are upset.

Shake hands with your opponent even though you lost the game.