Treat others the way you would like to be treated.

Offer someone a hand if they are stuck.

Look out for people who are alone or have no-one to play with.

Always smile at people – if they are having a bad day, it could make all the difference.

Always share things.

Give people compliments to make them feel good about themselves.

Be a caring friend who looks out for others.

Always be there to listen to someone's problems.

Offer to help someone without being asked.

Always be polite and respectful.

Think before you speak.

Use encouraging words, rather than negative ones.