On the C chord:
1) use pinky finger on first string 3rd fret to play normal C chord
2) use index finger on the 4th (top) string 2nd fret to play the “O”
3) play the whole regular C chord. Strum down, up, down, up, but alternate putting your index finger on the top string on the “O” EVERY OTHER DOWN STRUM. This up and down on the string is a “rolling 6th”!! Maybe start by just playing the C chord, down up down up for a few measures. Once you have the strum pattern, try alternating the index finger on the top string.

Note: If you do this properly (ie index finger on “O” every other down strum) on the C chord it will sound like the beginning of “Happy Trails”—kind of like a slow ride on a lazy horse. If/when you hear it, you have it!!

On the F and G chords—Same pattern the “O” is played every other strum as described.
F chord “O”: use ring finger up and down
G chord”O” use pinky finger.