



KINDNESS BINGO

Mark off each square as you complete an act of kindness!
How fast can you complete the whole Kindness Bingo card?

Draw a picture for someone you appreciate—then deliver it with a smile!

Compliment a friend

Help make dinner

Has lived in another city

Open the door for someone

Call an aunt, uncle, or grandparent to say hello

Smile and say hello to everyone you see today

Help someone before they ask

Make your parents' bed

Clean your room without being asked.

Listen to a friend's story without telling your own story

Write a kind note to an adult in your life



Help make dinner.

Tell a joke to make someone laugh!

Tell a family member that you love them.

Look in the mirror and say three (3) Kind things to yourself out loud.

Help a friend learn a new game

Let someone play with your toys

Tell a friend 3 things that you like about them.

Be positive. Try not to complain all day.

Help someone younger than you

Give someone a hug today.

Pickup at least 3 pieces of trash

Write down 5 things you are thankful for