

Kindness Bingo

B	I	N	G	O
Draw pictures to send to a friend	Help prepare a meal for your family	Make a thank you sign for the delivery people	Send a card to someone that lives far away	Do someone else's chores for the day
Be kind to your body! Try a new healthy food	Make a kind card for a friend	Facetime a friend or family member	Leave a nice note for a sibling or parent	Check in on a friend you haven't talked to in awhile
Clean up a room without being asked	Tell someone everything you like about them	FREE SPACE	Make a card or gift for your teacher	Make a new friend
Do something nice for a family member	Write a thank you note for the mail carrier	Clean up something that's not yours	Donate food to a local food bank	Bring a family member breakfast in bed
Send a note to someone you haven't seen in awhile	Do a favor without asking for anything in return	Fill a bag or box with toys to donate	Be kind to yourself! Say 3 things you like about yourself	Compliment a friend on something you like about them