



Kindness BINGO



Help someone around the house.	Smile at everyone you see!!!	Give someone a compliment.	Make a thank you note or picture for your mail carrier.	Encourage someone who looks like they are having a bad day.
Call a friend.	Read a book with your brother or sister. (Or read a book over the phone to a friend or family member).	Send your teacher an email, or mail a letter to school, and say hello.	Give someone in your house a big hug!	Call a family member.
Tell someone a funny joke!	Make your bed without being asked.		Clean up your room.	Make a thank you card or draw a picture for a community helper.
Help make dinner.	Mail a friend a kind note or picture.	Set the table for dinner.	Give someone in your house a high-five!	Say something to encourage someone else.
Say 5 different kind things to the same person at different times today.	Help with the laundry.	Tell someone you love them.	Call to talk and check in on a friend.	Do your school work without being asked.