

KINDNESS

Bingo!

HOW MANY OF THESE KIND ACTS CAN YOU DO?

Write a Thank You Note	Give a Compliment	Smile at a stranger 😊	Make a gift for someone you love
Help a friend	Say "I Love You"	Share your favorite toy	Give a hug
Listen mindfully when someone speaks	Play with a friend and let him choose the game	Tell a joke and make someone laugh	Send Loving Thoughts to Someone Else
Call someone just to say Hi	Pick up Litter	Draw a picture for someone	Give to someone in need
Feed an Animal or Water a Plant	Say 5 kind things to yourself in front of the mirror	Do a chore for a family member	Leave a happy note for someone to find