

RANDOM ACTS OF KINDNESS

Free Bingo Card

ACTS OF KINDNESS

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Leave someone a kind note	Give a compliment	Hold the door open for someone	Do a chore for a sibling	Create care packages
BRING DINNER TO SOMEONE	Donate old books	smile	Support a small business	Leave a snack and note for the mailman
Tell a family member how much you love them	Weed/rake leaves/shovel snow for a neighbor	FREE SPACE	PICK UP LITTER	Give a hug
LET SOMEONE GO AHEAD OF YOU	VOLUNTEER	Leave change at a vending machine	do a chore WITHOUT BEING asked	Bake cookies for firefighters or police
Give a friend or the new kid a snack	ASK OTHERS TO PAY IT FORWARD	WRITE A THANK YOU LETTER	Visit a nursing home	Donate to a food bank

KINDNESS BINGO

Put something in the recycle bin	Made a new friend	Said 'thank you' to someone	Wrote a thank you note for the mail delivery person	Held open a door
Left a positive note on a random locker	Returned a shopping cart	Made someone laugh	Cleaned up a hiking trail	Used a reusable water bottle
Wrote a happy note to myself	Helped someone	FILL IN YOUR OWN ACT OF KINDNESS!	Got at least 30 minutes of exercise today	Gave a friend or family member a hug
Asked someone about their day	Invited someone who was eating alone to join me	Texted a positive message to a friend	Woke up with a smile on my face	Made a 'things I'm thankful for' journal entry
Offered a tissue to a person that needed it	Stayed in my pajamas all day and watched a movie	Invited another student to play	Smiled at another student	Left a positive note in a random library book for someone to find

**RANDOM ACTS OF KINDNESS
FOUNDATION**

