


Name \_\_\_\_\_ Date \_\_\_\_\_

# Kindness Bingo



**Directions:** Create a kindness bingo board to encourage yourself to spread kindness. Cut out each activity and paste it on the bingo board. See if you can complete five activities in a row to get bingo. Or challenge yourself to fill the whole board!

		<b>Smiles are</b>  <b>FREE!</b>		

Thank a teacher.	Call a loved one.	Give someone a compliment.	Ask someone new to hang out.	Help a classmate.	Mail someone a letter.	Give a high-five.	Tell someone what you love about them.
Go on a walk with someone.	Cheer someone up.	Leave an encouraging message somewhere.	Make art and share it.	Tell a joke.	Remind a friend you are there for them.	Stand up to unkindness.	Let someone go ahead of you in line.
Have a judgment-free day.	Ask an adult how you can help.	Smile at a stranger.	Pick up trash and throw it away.	Speak kindly to yourself.	Donate something you don't need anymore.	Leave a note on a staff member's desk.	Volunteer.