

KINDNESS BINGO

Help with a chore

Leave positive notes around town

Pick up trash

Give a compliment to someone

Smile at someone

Paint rocks and leave at a park

Let someone go first

Write a thank you

Draw a picture for someone

Leave a sidewalk chalk message

Help make dinner

Make a card and send to someone

FREE

Play a game with a sibling

Donate food to local food bank

Donate old books

Help a neighbor

Do a chore without being asked

Surprise someone with a homemade gift or treat

Help carry in the groceries

Pay it forward for someone

Donate old toys

Help with yardwork

Share a joke to cheer someone up

Say one nice thing to everyone in your family