

KINDNESS Bingo

Write a thank-you note for a custodian or bus driver	Do a chore without being asked	Tell someone why they are awesome	Compliment an adult on recess duty	Pick up someone else's litter
Cleaned up a mess that wasn't mine	Tell someone a reason why I am proud of them	Hold open a door for someone	Write a positive note to myself for inspiration	Help myself by deep breathing 3 times in a day
Call a family member just to say "hi"	Be kind to myself and exercise for 30 min	Free Space	Apologize	Share a joke with others
Make a gratitude list and put it up in my room	Tell someone they had a good idea	Smile at people in the halls	Hang out with someone new at recess	Write a note of appreciation to a family member
Help make a meal	Make a card for a teacher	Remember to turn off all lights in the house	Share an inspirational quote	Ask someone how their day was