

KINDNESS BINGO

Did my chores without being asked	Gave a friend or family member a hug	Left a positive note on a random car for someone to find	Volunteered at an animal shelter	Texted a positive message to a friend
Sent a fun postcard to a friend or family member	Called a family member just to say hello	Left a positive note in a random library book for someone to find	Made an uplifting playlist for a friend	Introduced myself to a new person
Smiled at five people on the street	Picked up litter in a park, on a trail, or at the beach	FILL IN YOUR OWN ACT OF KINDNESS!	Held a door open for someone	Made a 'things I'm thankful for' journal entry
Gave someone a compliment	Surprised a neighbor with freshly baked treats	Wrote a thank you note for the mail delivery person	Offered to help someone	Read aloud to someone
Cleaned up a mess that wasn't mine	Donated clothes or books	Told someone they look nice today	Asked someone about their day	Used a reusable water bottle



**RANDOM ACTS OF KINDNESS
FOUNDATION**