# KINDNESS BINGO

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| Gave a friend or family member a hug | Asked someone about their day | Make an uplifting playlist for a friend | Returned a shopping cart | Wrote a happy note to myself |
| Made a ‘things I’m thankful for’ journal entry | Invited another student to play | Offered a tissue to a person that needed it | Woke up with a smile on my face | Said ‘thank you’ to someone |
| Cleaned up a mess that wasn’t mine | Used a reusable water bottle | FILL IN YOUR OWN ACT OF KINDNESS! | Picked up litter | Put something in the recycle bin |
| Gave someone a compliment | Helped someone | Made someone laugh | Left a positive note on a random locker | Texted a positive message to a friend |
| Made a new friend | Picked up rubbish in our local park | Smiled at another student | Held open a door | Got at least 30 minutes of exercise today |



STUDENT EDITION

[www.randomactsofkindness.org](http://www.randomactsofkindness.org/)