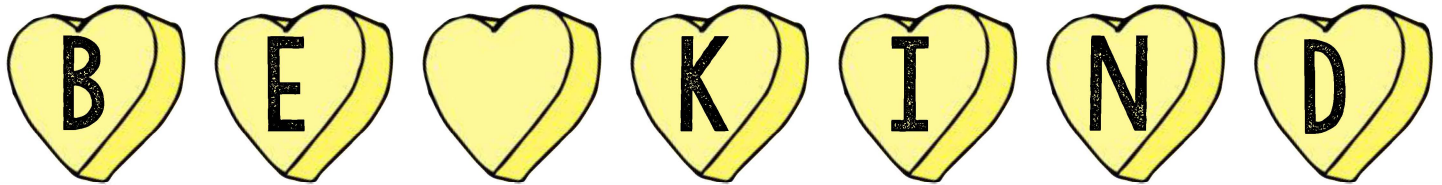


KINDNESS BINGO



Smile at 5 people today	Write a nice note to a friend	paint kindness rocks and leave them on a neighbor's doorstep	write a nice thank-you note to your teacher	write an inspiring message on your sidewalk using chalk or on your window
Write a note to your mom/dad telling them they are doing a good Job	Make breakfast or lunch for your mom/dad	Ask a friend how their day is going	Write a kind note to your principal and send it to him by e-mail	Invite someone to eat with you in a Google Meet or Facetime
Offer to help someone who is struggling with something	Compliment 5 people	Free Space	find 10 things that you and your siblings have in common	Offer to do a chore that is not yours
Create your own kind act	Do not fight with your siblings	Tell someone a reason why you are proud of them	Suprise your parent by giving them a random hug	Say hello to 4 neighbors
Write a thank-you note for your mail/delivery carrier	Complete a chore without complaining or without being asked	Invite a group of friends to have lunch via Google Meet or Facetime	Praise someone for doing a good Job	Call your grandparents or video chat with them