

Kindness bingo

It's easy to spread kindness at school, home, and online. This helps to create a happy, positive, and friendly environment for everyone. Every day, challenge yourself to cross off at least one square on your kindness bingo card by completing a small act of kindness.

B I N G O

Hold the door open for someone.	Pick up litter and put it in the garbage.	Teach someone something you learned online.	Wave hello to the crossing guards.	Write three things you like about yourself.
Tell someone a funny joke.	Invite a new friend to sit with you at lunch.	Learn to make a craft online to give to someone.	Leave a nice note or drawing in the library for someone to find.	Cheer someone up who's having a bad day.
Send a smiling selfie to a relative.	Invite a friend to play a game online.		Message 'I hope you have a great day!' to someone.	Share a funny video or meme with a friend.
Let someone go in front of you in line.	Take turns on the playground.	Send someone a nice e-card.	Help put gym or classroom equipment away.	Say 'good morning' to three people when you get to school.
Ask a new friend to play with you.	Draw a picture for your teacher.	Message someone with a compliment.	Thank the bus driver or other grown up for driving you.	Ask someone if they need help.

Challenge yourself to cross off as many squares as you can. If you were able to cross off every square of your kindness bingo card, great job! With every square you crossed off, you helped make someone's day a little brighter. Remember how good it felt to do something kind, and try to spread kindness each and every day.