

KINDNESS BINGO

Be kind to yourself and eat a healthy snack.	Find a way to be kind to a pet.	Make a card for the elderly.	Do something to be kind to the Earth.	Be kind to your parents / guardians and go to bed on time.
Call a relative you don't talk to often.	Learn to say, "hello," in a new language.	Compliment someone.	Draw a picture to give to a friend.	Show appreciation to your coach or club leader.
Say, "thank you," to the cashier at the store.	Pat yourself on the back.	Other: _____ _____ _____ _____	Make and display a "Kindness Matters" sign.	Make a thank you card for someone who did something for you.
Donate your spare change to a charity or person in need.	Learn something new about a family member.	Tell a joke and make someone laugh.	Pick up 10 pieces of trash in your neighborhood.	Write a nice note to your teacher.
Give someone a high five.	Ask a parent or guardian how his or her day was.	Volunteer to do a chore that isn't yours.	Encourage someone who looks like they are having a bad day.	Hold the door open for someone.

PUT AN X ON THE ACTS OF KINDNESS YOU COMPLETE. WHEN YOU HAVE 10, HAVE AN ADULT SIGN BELOW.

(THEY DO NOT NEED TO BE IN A ROW.) RETURN BY FRIDAY, FEBRUARY 18TH.

STUDENT NAME: _____ PARENT/GUARDIAN SIGNATURE: _____