



KINDNESS

bingo

Volunteer to help your teacher	Draw a picture or make a piece of art for someone	Pick up a piece of litter in a public place	Give a can of food to a food drive or pantry	Call or send a letter to an elderly relative or family friend
Write a thank you note for your bus driver or mail carrier	Clean up your room without being asked	Tell a family member why you love them	Give a flower to a neighbor or friend	Compliment a friend
Let someone go ahead of you in line or during a game	Talk to someone new at school		Hold the door for someone	Tell someone why they are special to you
Recycle paper when you are drawing	Donate a toy or book	Teach someone a new skill or game that you know	Help someone pick up something they dropped	Set the table for dinner or help clean up after dinner
Write a thank you note to a restaurant where you had good food or service	Help do a chore without being asked	Bake something for a neighbor or friend	Invite someone who is eating alone to join you	Donate clothing that you don't need

Think of your own act of kindness for the middle space!