

KINDNESSES “BINGO”

Text a friend and ask how they're doing

Give yourself a break when you're feeling stressed

Give someone a compliment

Introduce yourself to a new person

Do my chores without being asked

Say good morning to a stranger

Let someone go in front of you in a line

Tell a family member how much you love and appreciate them

Say thank you to someone

Hold open a door for someone

Actively listen to someone

Smile at a stranger

Offer to share a skill with a friend

Make a list of things you're grateful for

Ask someone about their day

Give someone advice

See how many of these you can tick off in the next week!

6

5



To show others
Kindness you can...

DO

- Invite people & be welcoming
- Smile at people
- Let others go first on the bus / line.
- Forgive people
- Fundraise or volunteering for charity



- Thank you and good morning
- Kind phrases/ words to describe others
- Supportive and uplifting phrases

SAY

GIVE

- Help
- Time
- Emotional support

