



Kindness Bingo

Kindness is not limited to grand gestures - there are many ways we can bring more kindness into our daily lives.

Here are some ideas!

1 Leave an uplifting message for a stranger to find	2 Use kind words in everyday conversation	3 Offer to take care of a friend's pets when they're away	4 Acknowledge someone's efforts
5 Compliment at least 3 people in a day	6 Offer to babysit for a friend who needs some time off	7 Buy a colleague a coffee	8 Donate unused items to a local shelter or charity
9 Offer to help an elderly neighbour with errands	10 Send a positive text message to 5 people right now	11 Let someone merge into traffic with a smile	12 Hold the door open for someone to pass
13 Send a funny picture or video to a friend	14 Help someone who is lost by offering directions	15 Pay for the next in line at the next drive-thru you go to	16 Help a friend move to a new house
17 Send someone flowers out of the blue	18 Surprise a loved one with their favourite meal	19 Pick up something that somebody dropped	20 Leave a positive review for a service you enjoyed
21 Pick up litter in a public place	22 Donate to a charity of your choice	23 Bake treats for friends, family or colleagues	24 Visit a senior home and deliver a kind surprise
25 Send an encouraging e-mail to a colleague	26 Donate used books to a library	27 Make a care package for a friend and send it	28 Smile at 5 strangers in a day