

KINDNESS BINGO

Decided to say, 'yes' when someone was expecting a 'no'	Took myself on a date	Shoveled snow from my neighbor's driveway	Cleaned up a hiking trail	Paid a toll for the car behind me
Smiled at a stranger	Offered my phone to a stranger to make a needed call	Invited someone who was eating alone to join me	Picked up litter	Cooked a meal for someone just returning from the hospital
Baked treats for a neighbor	Left a surprise gift for a friend	FREE SPACE	Held open an elevator door	Did someone else's chores
Treated myself to a massage	Gave money to a person in need	Watered my neighbor's plants	Welcomed a newcomer to join my group	Surprised a friend with a note of appreciation
Kept a gratitude journal	Cleaned up a mess that wasn't mine	Used reusable water bottles	Put stray grocery carts where they belong	Made a personalized music playlist for a friend



**RANDOM ACTS OF KINDNESS
FOUNDATION**