

KINDNESS BINGO

Made a personalized music playlist for a friend	Shoveled snow from my neighbor's driveway	Sent flowers to someone who needed cheering up	Left a surprise gift for a friend	Gave a lottery ticket to a stranger
Paid a toll for the car behind me	Watered my neighbor's plants	Put a surprise note in my child's or partner's lunch	Offered a tissue to a person that needed it	Picked up litter
Took myself on a date	Bought a meal for someone that did not have their wallet	FREE SPACE	Decided to say, 'yes' when someone was expecting a 'no'	Held open an elevator door
Surprised a friend with a note of appreciation	Invited someone who was eating alone to join me	Stayed in my pajamas all day to read or watch my favorite movies	Treated myself to a massage	Cleaned up a hiking trail
Offered my phone to a stranger to make a needed call	Shopped locally instead of at a big box store	Cooked a meal for someone just returning from the hospital	Used reusable water bottles	Cleaned up a mess that wasn't mine



**RANDOM ACTS OF KINDNESS
FOUNDATION**