

# KINDNESS BINGO

Paid a toll for the car behind me	Made a personalized music playlist for a friend	Baked treats for a neighbor	Smiled at a stranger	Treated myself to a massage
Watered my neighbor's plants	Invited someone who was eating alone to join me	Put stray grocery carts where they belong	Put a surprise note in my child's or partner's lunch	Offered a tissue to a person that needed it
Shopped locally instead of at a big box store	Gave a lottery ticket to a stranger	<b>FREE SPACE</b>	Kept a gratitude journal	Took myself on a date
Cooked a meal for someone just returning from the hospital	Bought a meal for someone that did not have their wallet	Sent flowers to someone who needed cheering up	Stayed in my pajamas all day to read or watch my favorite movies	Surprised a friend with a note of appreciation
Wrote a thank you note for the mail delivery person	Left a surprise gift for a friend	Unexpectedly replaced something that was broken	Wrote a positive note to myself for inspiration	Shoveled snow from my neighbor's driveway



**RANDOM ACTS OF KINDNESS  
FOUNDATION**