

KINDNESS BINGO

Surprised a friend with a note of appreciation	Held open an elevator door	Smiled at a stranger	Left a surprise gift for a friend	Sent flowers to someone who needed cheering up
Gave money to a person in need	Cleaned up a mess that wasn't mine	Cooked a meal for someone just returning from the hospital	Watered my neighbor's plants	Baked treats for a neighbor
Welcomed a newcomer to join my group	Invited someone who was eating alone to join me	FREE SPACE	Paid a toll for the car behind me	Stayed in my pajamas all day to read or watch my favorite movies
Offered a tissue to a person that needed it	Shopped locally instead of at a big box store	Treated myself to a massage	Wrote a positive note to myself for inspiration	Put a surprise note in my child's or partner's lunch
Kept a gratitude journal	Gave a lottery ticket to a stranger	Cleaned up a hiking trail	Bought a meal for someone that did not have their wallet	Decided to say, 'yes' when someone was expecting a 'no'

RANDOM ACTS OF KINDNESS
FOUNDATION

