

# KINDNESS BINGO

Treated myself to a massage	Watered my neighbor's plants	Invited someone who was eating alone to join me	Stayed in my pajamas all day to read or watch my favorite movies	Welcomed a newcomer to join my group
Decided to say, 'yes' when someone was expecting a 'no'	Offered my phone to a stranger to make a needed call	Picked up litter	Unexpectedly replaced something that was broken	Offered a tissue to a person that needed it
Cleaned up a mess that wasn't mine	Held open an elevator door	<b>FREE SPACE</b>	Put a surprise note in my child's or partner's lunch	Made a personalized music playlist for a friend
Bought a meal for someone that did not have their wallet	Put stray grocery carts where they belong	Gave a lottery ticket to a stranger	Baked treats for a neighbor	Took myself on a date
Wrote a positive note to myself for inspiration	Wrote a thank you note for the mail delivery person	Surprised a friend with a note of appreciation	Kept a gratitude journal	Cooked a meal for someone just returning from the hospital

**RANDOM ACTS OF KINDNESS  
FOUNDATION**

[www.randomactsofkindness.org](http://www.randomactsofkindness.org)



CARD 25