

KINDNESS BINGO

Can you win at the game of being kind to yourself and others?

Do a chore at home that isn't normally your responsibility.	Read a picture book to someone younger.	Ask someone older than you to tell you a story about your life.	Listen to music that makes you smile for 30 minutes.	Tell a friend something you like or appreciate about them.
Move your body for 30 minutes in any way that feels good.	Ask at least 2 people how they're doing, and really listen to their replies.	Reread your favorite book from when you were little.	Give someone a thank you note for being amazing.	Volunteer at a local organization that's important to you.
Leave your mail carrier a thank you note.	Hold the door open for someone when entering or exiting a building.	BE YOU!	Share your snack with someone.	Spend an hour learning about a culture different from your own.
Share your favorite hobby with a friend or family member.	Compliment someone.	Make a list of 5 things you like about yourself.	Recommend a book to a friend.	Pick up litter around your neighborhood (alone or with a friend).
Write a letter to a friend or family member.	Take 10 deep breaths: Breathe in to a count of 4 and out to a count of 6.	Donate things you no longer use to a local organization.	Smile at someone you don't know.	Make someone a gift.