

Kindness Bingo

Use this bingo board for a whole day and look for opportunities to be kind. Can you get a full line or tick off all the kind acts on the board?

Tidy up.

Say please.

Say thank you.

Give a family member
a hug.

Take turns during
a game.

Share something.

Pay someone a
compliment.

Help someone
with something.

Get a snack or help
make a meal
for someone.