

Kindness Bingo

Have fun & make a difference!



Random acts of (anonymous) kindness have been proven to reduce stress and boost happiness!

Here's how to play Kindness Bingo:

1. Print this page. You can also print out a few copies and give to friends/co-workers.
2. Complete a group vertically, horizontally, or diagonally - you choose.
3. FINISHED? Good work, you have just made a difference! **HOW DO YOU FEEL?**

Pay for someone else's parking	Help someone busy. Ask "How can I support you today?"	Ask someone new in your life out for a coffee	Stop and chat to a homeless person
Take the afternoon off & do whatever YOU fancy!	Hold the door open, make eye contact & smile at the person behind you	Take someone out to lunch & pay for them!	Make a donation to a charity with meaning for you
Don't blame or complain about anything or anyone - all day!	Pick up garbage you see around you	Give someone a thoughtful compliment	Buy the next person in line their coffee or lunch!
Give someone flowers or a nice plant	Send someone a handwritten note, thanking them for being in your life	Help a neighbor (or a stranger) who has a need	Clean up after someone else - just because