

Kindness bingo

In one day see if you can tick off 5 in a row - either vertically or horizontally.

Do it by yourself or challenge a friend to do it with you.

Imagine
what's
possible



Give someone a compliment	Take a picture of something beautiful	Call a friend who doesn't live with you	Eat 5 serves of vegetables in a day	Do 30 minutes of exercise
Make someone laugh	Tidy a room (or two!)	Water a plant	Create some art and give it or send it to someone	Write down 3 things you are grateful for
Do the dishes	Write a thank you card to someone who has helped you	Dance to an entire song	Get in touch with someone you haven't spoken to in a while	Give or send someone a small gift
Spend 1 hour learning a new skill	Check on your neighbours	Recommend your favourite book or movie to someone	Do the recycling	Watch a sunrise or sunset
Spend time reading a book	Prepare a healthy meal	Learn to say hello and introduce yourself in a different language	Meditate	Tell someone why they are special to you