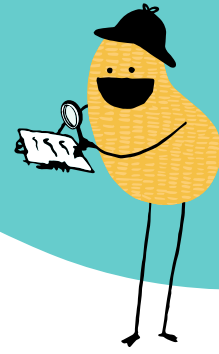


KINDNESS QUEST

BINGO



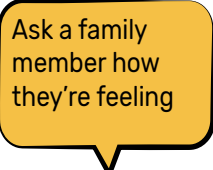
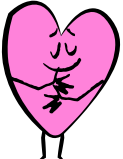

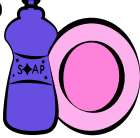


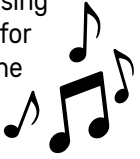

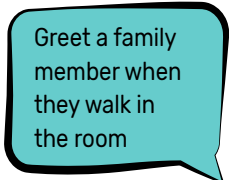

How many kind acts can you do? Fill up your bingo board by doing as many kind acts as possible. Once you've done a kind act, put a checkmark or X over it. Compete against family members, friends, or challenge yourself!

Challenge 1: Get BINGO with a horizontal line

Challenge 2: Get BINGO with a vertical line

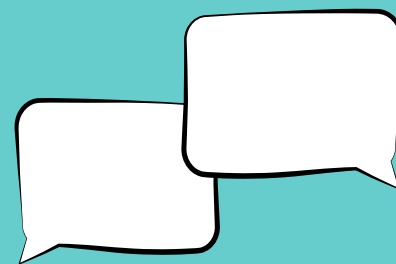
Challenge 3: Get BINGO with a diagonal line

Ultimate Challenge: Fill up your ENTIRE Bingo board!

<p>Ask a family member how they're feeling</p> 	<p>Give someone in your family a hug</p> 	<p>Share the tablet or TV with someone (even if it isn't their turn)</p>	<p>Call a friend or relative you haven't talked to in a while</p>	<p>Pick up litter when you're outside at a park or on a walk</p>
<p>Share a game or toy with a family member</p>	<p>Give someone a compliment</p>	<p>Help a family member make a meal or snack</p> 	<p>Let a family member pick the movie or tv show</p>	<p>Clean up after yourself</p> 
<p>Help a family member with a chore (without being asked)</p>	<p>Make and send a card or postcard</p> 	<p>FREE</p> 	<p>Play or sing a song for someone else</p> 	<p>Bring food to a family member</p>
<p>Send someone a Happy Birthday video or email</p> 	<p>Smile at someone</p>	<p>Apologize to a family member or friend if you wronged them</p>	<p>Be respectful when a family member asks for help</p>	<p>Greet a family member when they walk in the room</p> 
<p>Say "thank you" when somebody does something for you</p>	<p>Choose not to say something unkind</p>	<p>Put something in the window for passerby to see</p> 	<p>Tell someone you love them</p>	<p>Do a meditation or mindful breathing exercise</p>



Questions for Reflection & Discussion



1. How many kind acts did you do? Which ones did you try?

- Which acts were your favorite to do? How did they make you feel?
- How did the person receiving the act feel? How can you tell?
- Were there any kind acts you chose not to do? Why?

2. Which acts help you be kind to yourself? How do you know?

3. Were any of the acts more difficult to do? What made them challenging?

4. Did you learn anything about yourself or others while doing the kind acts?

5. Were there any acts that showed kindness to the community? Which ones?

6. What are some other ways we can show kindness right now?

Kindness Quest: BINGO was created by the team at kindness.org. To share thoughts on this experience or ask questions, please email us at learnkind@kindness.org. If you're interested in bringing more kindness to classrooms, explore our Learn Kind curriculum for K-8 classrooms at kindness.org/learnkind.

