

# KINDNESS BINGO

Offered a tissue to a person that needed it	Left a positive note on a colleague's desk	Read to someone	Introduced myself to a new person	Did a chore without being asked
Invited a new colleague for coffee	Held open a door	Got at least 30 minutes of exercise today	Helped someone	Texted a positive message to a friend
Returned a shopping cart	Asked someone about their day	FILL IN YOUR OWN ACT OF KINDNESS	Made a new friend	Gave a friend or family member a hug
Cleaned up a mess that wasn't mine	Put something in the recycle bin	Said 'thank you' to someone	Invited someone who was eating alone to join me	Woke up with a smile on my face
Made a list of 'things I am grateful for'	Made someone laugh	Let someone go in front of me in line	Gave someone a compliment	Smiled at a stranger

Adapted from [www.randomactsofkindness.org](http://www.randomactsofkindness.org)