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KINDNESS BINGO

How does it feel to be kind?

Objective

After completing this activity, your child will be able to describe their own experience with acts of kindness.

Materials Needed

- Printed activity sheet
- Writing utensils

Introductory Activity

Ask your child, “Describe a time when someone was kind to you. How did it make you feel?” Share an act of kindness that you remember.

Directions

Put a printed “Kindness Bingo” activity sheet on the fridge where everyone can see it. As your child completes a task, they should mark the corresponding square with a writing utensil. When they have achieved a “Bingo” (5 filled-in squares in a row – can be up-down, right-left, or corner-to-corner), they win! Take as much time to complete the sheet as you would like. With your family, decide on a prize for winning. Repeat with different sheets as often as you want.

Reflection Questions (for discussion after achieving a “Bingo”)

- How did it make you feel to be kind to others?
- How did people react when you were kind to them?
- Why is it important to be kind to others?



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Cross off activities as you complete them. The goal is to complete five activities in a row up and down, right to left, or diagonally.

Make a thank you card for someone who works at your school	Write a nice note to your teacher	Tell someone that you appreciate them	Ask a friend how their day is going	Help with dinner
Do a chore without being asked	Give someone a compliment	Invite someone new to sit with you	Offer to help someone	Spend time with a friend or sibling
Tell someone they are doing a great job	Tell a friend how much you appreciate them		Help a neighbor with a chore	Tell your parents thank you
Invite someone new to sit at your table	Donate to your favorite nonprofit (time, treasure or talent!)	Help carry in groceries from the car	Bake cookies and deliver them to a local fire or police station	Give up your seat on the bus
Make someone a cup of tea or hot cocoa	Send a postcard to someone you love	Pick up trash off the street	Call a friend or relative and sing them a silly song	Share your toys



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Help with dinner	Call an old friend or relative and sing them a silly song	Tell someone that you appreciate them	Pick up trash off the street	Wash a neighbor's car
Help another kid with their homework	Share your toys	Paint a picture for a neighbor you don't know well	Make someone a cup of tea or hot cocoa	Tell someone they are doing a great job
Make someone laugh with your favorite video or joke	Bake cookies and deliver them to your local fire or police station		Donate to your favorite nonprofit (time, treasure or talent!)	Help a neighbor with a chore
Tell a friend how much you appreciate them	Give someone a compliment	Offer to help someone	Write a nice note to your teacher	Walk a neighbor's dog for them
Tell your parents thank you	Do a chore for a sibling (without them knowing)	Donate used books to your local library	Give random hugs	Invite someone new to sit at your table



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Help a neighbor with a chore	Make someone a cup of tea or hot cocoa	Tell your parents thank you	Make a thank you card for someone who works at your school	Wash a neighbor's car
Do a chore for a sibling (without them knowing)	Tell someone that you appreciate them	Share your toys	Give someone a compliment	Give up your seat on the bus
Ask a friend how their day is going	Send a postcard to someone you love		Bring pet supplies to a local animal shelter	Pick up trash at a local park or nature area
Tell someone they are doing a great job	Invite someone new to sit with you	Call a friend or relative and sing them a silly song	Thank a police officer, soldier, or firefighter	Bake cookies and deliver them to your local fire or police station
Give random hugs	Help with dinner	Help carry in groceries from the car	Call a friend or relative and tell them a joke	Donate used books to your local library



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Spend time with a friend or sibling	Ask a friend how their day is going	Help carry in groceries from the car	Invite someone new to sit with you	Use sidewalk chalk to write out a message of love
Take out your neighbor's trash for them	Offer to put the trashcans away for a neighbor	Pick up trash at a local park or nature area	Thank a police officer, soldier, or firefighter	Send a postcard to someone you love
Give up your seat on the bus	Do a chore without being asked		Call a friend or relative and tell them a joke	Bring pet supplies to a local animal shelter
Rake leaves or shovel snow unexpectedly for a neighbor	Let the person in line behind you go first	Make a thank you card for someone who works at your school	Help with dinner	Write a nice note to your teacher
Help another kid with their homework	Do a chore for a sibling (without them knowing)	Paint a picture for a neighbor you don't know well	Donate to your favorite nonprofit (time, treasure or talent!)	Walk a neighbor's dog for them



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Make someone laugh with your favorite video or joke	Do a chore without being asked	Rake leaves or shovel snow unexpectedly for a neighbor	Paint a picture for a neighbor you don't know well	Use sidewalk chalk to write out a message of love
Take out your neighbor's trash for them	Walk a neighbor's dog for them	Donate to your favorite nonprofit (time, treasure or talent!)	Help another kid with their homework	Write a nice note to your teacher
Pick up trash off the street	Let the person in line behind you go first		Offer to put the trashcans away for a neighbor	Spend time with a friend or sibling
Help a neighbor with a chore	Donate to your favorite nonprofit (time, treasure or talent!)	Help carry in groceries from the car	Bake cookies and deliver them to a local fire or police station	Give up your seat on the bus
Make someone a cup of tea or hot cocoa	Tell your parents thank you	Make a thank you card for someone who works at your school	Do a chore for a sibling (without them knowing)	Tell someone that you appreciate them