



KINDNESS BINGO

Kindness is saying or doing something positive for someone. There are different forms of kindness, including kind words, actions, and thoughts.

Play a kindness bingo game by stamping or crossing out four completed acts of kindness across a horizontal, vertical, or diagonal row. You can also challenge yourself to stamp or cross out all the kindness bingo squares!

You will need:

- Marker or tiny stamp

Tell a joke or make someone laugh	Pick up trash	Thank someone for helping you	Do an extra chore around the house
Write a note to a friend	Make a list of things you are thankful for	Ask someone in your home how you can help	clean up after your Girlstart activity
Draw someone a picture	call a friend or family member	Say "please" and "thank you"	Give someone a compliment
Leave positive chalk messages	Turn off the water while brushing your teeth	write a thank you to mail carrier/delivery drivers	Make a donation pile of books or clothes you no longer use