

Kindness Bingo

Even if you just picked one square, you will have made a positive difference!

**Ask someone busy,
how can I support
you today**

**Stop and chat
with a homeless
person**

**Ask someone
new in your life
out for coffee**

**Take someone
out to lunch
today and pay**

**Give someone
flowers or
a nice plant**

**Pay for
someone else's
parking**

**Send someone a
handwritten note,
thanking them for
being in your life**

**Clean up after
someone else
just because**

**Buy the next
person in line
their coffee
or lunch**

**Give someone
a thoughtful
compliment**

**Pick up garbage
you see
around you**

**Don't blame or
complain about
anything or
anyone - all day**

**Take the afternoon
off and do
something you like**

**Hold the door
open, make eye
contact & smile
at person behind**

**Make a charitable
donation to
something you
believe in**

**Pay for
someone else's
parking**

#bekind

www.itsyourchoicetoday.com