

Kindness BINGO!

February 17-22, 2019 is Random Acts of Kindness Week, but ANY DAY is a good day for an act of kindness!

1) Throughout the week cross off the squares as you complete each act of kindness.

2) Share your progress with us on Facebook and tag @NorthfieldShares.

3) Share this BINGO sheet with a friend!

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| Donate nonperishable food items to a food shelf or Little Free Pantry. | Act on every thought of generosity which arises spontaneously in your heart today. | Volunteer with a nonprofit organization. | Write a thank you note to someone who has influenced your life in a positive way. | Call or visit someone who is home-bound. |
| Find opportunities to give compliments all day long. | Bring treats to neighbors, co-workers, or fellow tenants in your office building. | Volunteer at a school or youth program. | Be a good neighbor by delivering a baked treat or stopping by to say hello! | Call a friend whom you have not talked with in a while. |
| Pick up trash as you go about your day. | Write and deliver notes of appreciation to city workers such as elected officials, law enforcement, street department, and librarians. | "MOO" two people! Visit www.northfieldshares.org/kindness to find directions for MOOing. | Tell your children why you love them. While you are at it tell your parents and siblings as well. | Extend a hand to someone in need. Give your full attention and simply listen. |
| Run an errand for a family member or friend who is busy. | Send a care package to someone who needs a "pick me up." | Open the door for another person. | Remember the bereaved with phone calls, cards, plants, or food. | Buy coffee for the person behind you in line. |
| Shovel a neighbor's driveway or sidewalk. | Write a positive comment on your favorite blog, website, or a friend's social media account. | Offer a couple hours of free babysitting to parents who could use a night out. | Visit residents in a nursing home. | Be a friend to a new student or coworker. |

Kindness is contagious!
www.northfieldshares.org/kindness

