

Kindness BINGO – for kids!

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) Have an adult share your progress with us on Facebook and tag @NorthfieldShares.
- 3) Share this BINGO sheet with a friend!

| | | | | |
|--|---|--|---|---|
| Donate nonperishable food items to a food shelf or Little Free Pantry. | Make a list of kind deeds you can do today and complete at least 4 of them. | Say Thank You to everyone who helps you today! | Write a thank-you note to someone who has been nice to you. | With your parent's or guardian's permission, call or visit an elderly friend. |
| Find opportunities to give compliments all day long. | Play with a friend you haven't seen for a while. | Volunteer to do an extra chore at home. | Share this BINGO sheet with a friend and complete another square together. | Ask your teacher how you can help in your classroom today. |
| Pick up trash in a park, along a sidewalk, or on a playground. | Write thank you notes to teachers or other important school staff, such as the principal, nurse, custodian, cook, or secretary. | "MOO" two people! With an adult's help, visit www.northfieldshares.org/kindness to find directions for MOOing. | Tell your parents or guardians why you love them. While you are at it tell your siblings as well. | Help someone in need. |
| Clean your room. | Gently brush snow off cars. | Open the door for another person. | Help clean up after a meal at home or school. | Write a list of things you like about yourself – it is important to be kind to yourself and others. |
| Shovel a neighbor's driveway or sidewalk. | Write a happy note to someone in the community who is kind to others, and deliver it. | Arrive early to class/rehearsal/practice and help get things ready for the day. | Draw a happy picture for a friend and give it to them. | Be a friend to a new student or someone who may feel left out. |