



Stay-At-Home Kindness BINGO

Inspired by *Make a Shark Smile*
by Shawn Achor and Amy Blankson

Leave letters of encouragement on people's cars

Help a senior with their groceries

Prepare a meal for your family

Send your teacher a nice thank you note

Read to kids online for storytime

Organize a messy drawer/cabinet for your parents

Make a family member breakfast in bed

Instead of posting negativity online, spread some encouragement

Make a virtual poster board of post-it notes with encouraging phrases and invite people to take a note or share a note of their own

Show your favorite video to someone to make them smile

Write someone an encouraging poem

Take the time to listen to someone

FREE SPACE

Feed the birds in the park

Make a list of gratitudes and post them in your kitchen or living room

Wash and fold laundry for a family member

Offer to collect the mail for your parents

Be kind to yourself!

Buy a gift card online and give it to a friend or family member

Use your allowance to donate to a charity

Send a hand-written letter to a good friend instead of a text

Water a neighbor's lawn/flowers

Wash someone's car for them

Mow the lawn for your neighbors

Make someone a homemade blanket or scarf

