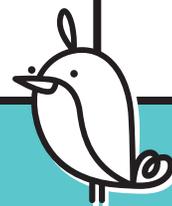


KINDNESS BINGO

Offered a tissue to a person that needed it	Left a positive note on a random locker	Read to someone	Introduced myself to a new person	Did my chores without being asked
Invited another student to play	Held open a door	Got at least 30 minutes of exercise today	Helped someone	Texted a positive message to a friend
Returned a shopping cart	Asked someone about their day	FILL IN YOUR OWN ACT OF KINDNESS!	Made a new friend	Gave a friend or family member a hug
Cleaned up a mess that wasn't mine	Put something in the recycle bin	Said 'thank you' to someone	Invited someone who was eating alone to join me	Woke up with a smile on my face
Made a 'things I'm thankful for' journal entry	Made someone laugh	Let someone go in front of me in line	Gave someone a compliment	Smiled at another student

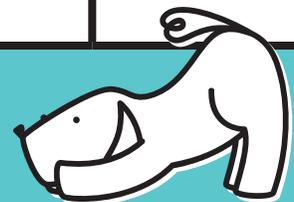


**RANDOM ACTS OF KINDNESS
FOUNDATION**

KINDNESS BINGO

Gave a friend or family member a hug	Asked someone about their day	Make an uplifting playlist for a friend	Returned a shopping cart	Wrote a happy note to myself
Made a 'things I'm thankful for' journal entry	Invited another student to play	Offered a tissue to a person that needed it	Woke up with a smile on my face	Said 'thank you' to someone
Cleaned up a mess that wasn't mine	Used a reusable water bottle	FILL IN YOUR OWN ACT OF KINDNESS!	Picked up litter	Put something in the recycle bin
Gave someone a compliment	Helped someone	Made someone laugh	Left a positive note on a random locker	Texted a positive message to a friend
Made a new friend	Cleaned up a hiking trail	Smiled at another student	Held open a door	Got at least 30 minutes of exercise today

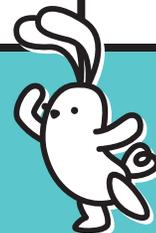
RANDOM ACTS OF KINDNESS
FOUNDATION



KINDNESS BINGO

Put something in the recycle bin	Made a new friend	Said 'thank you' to someone	Wrote a thank you note for the mail delivery person	Held open a door
Left a positive note on a random locker	Returned a shopping cart	Made someone laugh	Cleaned up a hiking trail	Used a reusable water bottle
Wrote a happy note to myself	Helped someone	FILL IN YOUR OWN ACT OF KINDNESS!	Got at least 30 minutes of exercise today	Gave a friend or family member a hug
Asked someone about their day	Invited someone who was eating alone to join me	Texted a positive message to a friend	Woke up with a smile on my face	Made a 'things I'm thankful for' journal entry
Offered a tissue to a person that needed it	Stayed in my pajamas all day and watched a movie	Invited another student to play	Smiled at another student	Left a positive note in a random library book for someone to find

**RANDOM ACTS OF KINDNESS
FOUNDATION**



KINDNESS BINGO

Offered a tissue to a person that needed it	Stayed in my pajamas all day and watched a movie	Helped someone	Said 'thank you' to someone	Wrote a happy note to myself
Invited someone who was eating alone to join me	Made someone laugh	Make an uplifting playlist for a friend	Made a new friend	Did my chores without being asked
Cleaned up a mess that wasn't mine	Left a positive note in a random library book for someone to find	FILL IN YOUR OWN ACT OF KINDNESS!	Returned a shopping cart	Let someone go in front of me in line
Got at least 30 minutes of exercise today	Held open a door	Gave a friend or family member a hug	Asked someone about their day	Invited another student to play
Left a positive note on a random locker	Wrote a thank you note for the mail delivery person	Gave someone a compliment	Read to someone	Used a reusable water bottle

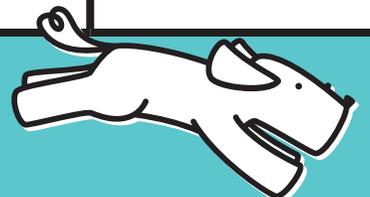


**RANDOM ACTS OF KINDNESS
FOUNDATION**

KINDNESS BINGO

Cleaned up a hiking trail	Wrote a thank you note for the mail delivery person	Used a reusable water bottle	Let someone go in front of me in line	Smiled at another student
Said 'thank you' to someone	Read to someone	Gave someone a compliment	Made a 'things I'm thankful for' journal entry	Invited someone who was eating alone to join me
Texted a positive message to a friend	Gave a friend or family member a hug	FILL IN YOUR OWN ACT OF KINDNESS!	Helped someone	Stayed in my pajamas all day and watched a movie
Left a positive note on a random locker	Got at least 30 minutes of exercise today	Held open a door	Asked someone about their day	Made someone laugh
Invited another student to play	Made a new friend	Woke up with a smile on my face	Wrote a happy note to myself	Put something in the recycle bin

RANDOM ACTS OF KINDNESS
FOUNDATION



KINDNESS BINGO

Offered a tissue to a person that needed it	Stayed in my pajamas all day and watched a movie	Put something in the recycle bin	Made someone laugh	Said 'thank you' to someone
Gave a friend or family member a hug	Left a positive note in a random library book for someone to find	Invited someone who was eating alone to join me	Left a positive note on a random locker	Read to someone
Made a 'things I'm thankful for' journal entry	Gave someone a compliment	FILL IN YOUR OWN ACT OF KINDNESS!	Wrote a thank you note for the mail delivery person	Texted a positive message to a friend
Helped someone	Got at least 30 minutes of exercise today	Held open a door	Asked someone about their day	Did my chores without being asked
Woke up with a smile on my face	Picked up litter	Let someone go in front of me in line	Smiled at another student	Wrote a happy note to myself

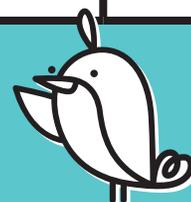


**RANDOM ACTS OF KINDNESS
FOUNDATION**

KINDNESS BINGO

Said 'thank you' to someone	Picked up litter	Read to someone	Texted a positive message to a friend	Did my chores without being asked
Introduced myself to a new person	Left a positive note in a random library book for someone to find	Helped someone	Gave a friend or family member a hug	Returned a shopping cart
Made someone laugh	Used a reusable water bottle	FILL IN YOUR OWN ACT OF KINDNESS!	Left a positive note on a random locker	Make an uplifting playlist for a friend
Wrote a thank you note for the mail delivery person	Let someone go in front of me in line	Smiled at another student	Made a new friend	Held open a door
Asked someone about their day	Made a 'things I'm thankful for' journal entry	Put something in the recycle bin	Invited someone who was eating alone to join me	Woke up with a smile on my face

RANDOM ACTS OF KINDNESS
FOUNDATION



KINDNESS BINGO

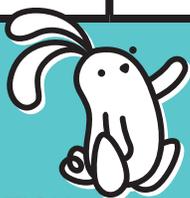
Helped someone	Stayed in my pajamas all day and watched a movie	Make an uplifting playlist for a friend	Let someone go in front of me in line	Got at least 30 minutes of exercise today
Introduced myself to a new person	Gave a friend or family member a hug	Picked up litter	Invited someone who was eating alone to join me	Left a positive note in a random library book for someone to find
Offered a tissue to a person that needed it	Made someone laugh	FILL IN YOUR OWN ACT OF KINDNESS!	Said 'thank you' to someone	Woke up with a smile on my face
Texted a positive message to a friend	Wrote a happy note to myself	Held open a door	Returned a shopping cart	Put something in the recycle bin
Did my chores without being asked	Wrote a thank you note for the mail delivery person	Gave someone a compliment	Cleaned up a mess that wasn't mine	Left a positive note on a random locker



**RANDOM ACTS OF KINDNESS
FOUNDATION**

KINDNESS BINGO

Left a positive note in a random library book for someone to find	Did my chores without being asked	Smiled at another student	Introduced myself to a new person	Texted a positive message to a friend
Cleaned up a mess that wasn't mine	Read to someone	Let someone go in front of me in line	Gave someone a compliment	Used a reusable water bottle
Make an uplifting playlist for a friend	Held open a door	FILL IN YOUR OWN ACT OF KINDNESS!	Returned a shopping cart	Said 'thank you' to someone
Cleaned up a hiking trail	Put something in the recycle bin	Helped someone	Stayed in my pajamas all day and watched a movie	Offered a tissue to a person that needed it
Made someone laugh	Left a positive note on a random locker	Invited another student to play	Gave a friend or family member a hug	Picked up litter



**RANDOM ACTS OF KINDNESS
FOUNDATION**

KINDNESS BINGO

Gave a friend or family member a hug	Made a 'things I'm thankful for' journal entry	Gave someone a compliment	Left a positive note on a random locker	Read to someone
Cleaned up a mess that wasn't mine	Picked up litter	Made a new friend	Stayed in my pajamas all day and watched a movie	Left a positive note in a random library book for someone to find
Wrote a happy note to myself	Invited someone who was eating alone to join me	FILL IN YOUR OWN ACT OF KINDNESS!	Said 'thank you' to someone	Asked someone about their day
Held open a door	Make an uplifting playlist for a friend	Got at least 30 minutes of exercise today	Offered a tissue to a person that needed it	Woke up with a smile on my face
Made someone laugh	Cleaned up a hiking trail	Did my chores without being asked	Smiled at another student	Texted a positive message to a friend



**RANDOM ACTS OF KINDNESS
FOUNDATION**

KINDNESS BINGO

Offered a tissue to a person that needed it	Got at least 30 minutes of exercise today	Cleaned up a mess that wasn't mine	Invited someone who was eating alone to join me	Made a 'things I'm thankful for' journal entry
Invited another student to play	Asked someone about their day	Returned a shopping cart	Smiled at another student	Did my chores without being asked
Picked up litter	Texted a positive message to a friend	FILL IN YOUR OWN ACT OF KINDNESS!	Helped someone	Put something in the recycle bin
Left a positive note on a random locker	Stayed in my pajamas all day and watched a movie	Held open a door	Read to someone	Wrote a thank you note for the mail delivery person
Left a positive note in a random library book for someone to find	Woke up with a smile on my face	Gave a friend or family member a hug	Made a new friend	Gave someone a compliment



**RANDOM ACTS OF KINDNESS
FOUNDATION**

KINDNESS BINGO

Cleaned up a mess that wasn't mine	Made someone laugh	Texted a positive message to a friend	Made a new friend	Helped someone
Used a reusable water bottle	Got at least 30 minutes of exercise today	Wrote a happy note to myself	Said 'thank you' to someone	Wrote a thank you note for the mail delivery person
Read to someone	Left a positive note on a random locker	FILL IN YOUR OWN ACT OF KINDNESS!	Put something in the recycle bin	Smiled at another student
Cleaned up a hiking trail	Let someone go in front of me in line	Made a 'things I'm thankful for' journal entry	Picked up litter	Returned a shopping cart
Gave a friend or family member a hug	Introduced myself to a new person	Stayed in my pajamas all day and watched a movie	Did my chores without being asked	Left a positive note in a random library book for someone to find

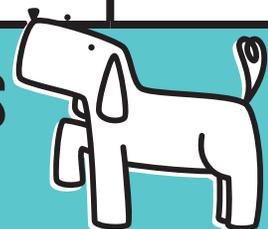
**RANDOM ACTS OF KINDNESS
FOUNDATION**



KINDNESS BINGO

Got at least 30 minutes of exercise today	Helped someone	Stayed in my pajamas all day and watched a movie	Made someone laugh	Gave a friend or family member a hug
Made a new friend	Held open a door	Asked someone about their day	Said 'thank you' to someone	Gave someone a compliment
Smiled at another student	Wrote a happy note to myself	FILL IN YOUR OWN ACT OF KINDNESS!	Cleaned up a mess that wasn't mine	Picked up litter
Put something in the recycle bin	Introduced myself to a new person	Make an uplifting playlist for a friend	Texted a positive message to a friend	Left a positive note on a random locker
Offered a tissue to a person that needed it	Made a 'things I'm thankful for' journal entry	Woke up with a smile on my face	Read to someone	Invited someone who was eating alone to join me

**RANDOM ACTS OF KINDNESS
FOUNDATION**



KINDNESS BINGO

Left a positive note on a random locker	Stayed in my pajamas all day and watched a movie	Returned a shopping cart	Introduced myself to a new person	Offered a tissue to a person that needed it
Smiled at another student	Texted a positive message to a friend	Cleaned up a hiking trail	Got at least 30 minutes of exercise today	Helped someone
Cleaned up a mess that wasn't mine	Made a new friend	FILL IN YOUR OWN ACT OF KINDNESS!	Did my chores without being asked	Make an uplifting playlist for a friend
Left a positive note in a random library book for someone to find	Asked someone about their day	Gave someone a compliment	Let someone go in front of me in line	Read to someone
Invited another student to play	Said 'thank you' to someone	Gave a friend or family member a hug	Made a 'things I'm thankful for' journal entry	Made someone laugh



**RANDOM ACTS OF KINDNESS
FOUNDATION**

KINDNESS BINGO

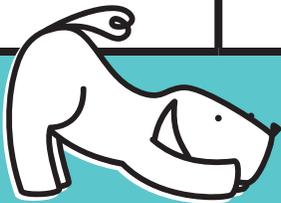
Made a 'things I'm thankful for' journal entry	Introduced myself to a new person	Asked someone about their day	Made a new friend	Invited someone who was eating alone to join me
Gave a friend or family member a hug	Invited another student to play	Wrote a happy note to myself	Wrote a thank you note for the mail delivery person	Texted a positive message to a friend
Held open a door	Made someone laugh	FILL IN YOUR OWN ACT OF KINDNESS!	Read to someone	Offered a tissue to a person that needed it
Put something in the recycle bin	Said 'thank you' to someone	Cleaned up a mess that wasn't mine	Used a reusable water bottle	Left a positive note in a random library book for someone to find
Picked up litter	Make an uplifting playlist for a friend	Did my chores without being asked	Let someone go in front of me in line	Gave someone a compliment



**RANDOM ACTS OF KINDNESS
FOUNDATION**

KINDNESS BINGO

Texted a positive message to a friend	Read to someone	Woke up with a smile on my face	Gave a friend or family member a hug	Made a new friend
Asked someone about their day	Invited another student to play	Smiled at another student	Gave someone a compliment	Helped someone
Put something in the recycle bin	Made someone laugh	FILL IN YOUR OWN ACT OF KINDNESS!	Left a positive note in a random library book for someone to find	Made a 'things I'm thankful for' journal entry
Got at least 30 minutes of exercise today	Said 'thank you' to someone	Cleaned up a hiking trail	Used a reusable water bottle	Stayed in my pajamas all day and watched a movie
Let someone go in front of me in line	Wrote a thank you note for the mail delivery person	Left a positive note on a random locker	Cleaned up a mess that wasn't mine	Picked up litter



**RANDOM ACTS OF KINDNESS
FOUNDATION**

KINDNESS BINGO

Read to someone	Offered a tissue to a person that needed it	Got at least 30 minutes of exercise today	Wrote a thank you note for the mail delivery person	Smiled at another student
Held open a door	Left a positive note in a random library book for someone to find	Let someone go in front of me in line	Stayed in my pajamas all day and watched a movie	Said 'thank you' to someone
Left a positive note on a random locker	Introduced myself to a new person	FILL IN YOUR OWN ACT OF KINDNESS!	Made a 'things I'm thankful for' journal entry	Cleaned up a hiking trail
Invited someone who was eating alone to join me	Asked someone about their day	Used a reusable water bottle	Did my chores without being asked	Gave a friend or family member a hug
Woke up with a smile on my face	Cleaned up a mess that wasn't mine	Made someone laugh	Gave someone a compliment	Put something in the recycle bin



**RANDOM ACTS OF KINDNESS
FOUNDATION**

KINDNESS BINGO

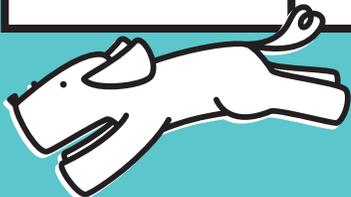
Wrote a happy note to myself	Said 'thank you' to someone	Did my chores without being asked	Left a positive note in a random library book for someone to find	Introduced myself to a new person
Picked up litter	Invited someone who was eating alone to join me	Make an uplifting playlist for a friend	Made a new friend	Held open a door
Returned a shopping cart	Texted a positive message to a friend	FILL IN YOUR OWN ACT OF KINDNESS!	Woke up with a smile on my face	Got at least 30 minutes of exercise today
Asked someone about their day	Cleaned up a hiking trail	Cleaned up a mess that wasn't mine	Left a positive note on a random locker	Made someone laugh
Helped someone	Wrote a thank you note for the mail delivery person	Put something in the recycle bin	Invited another student to play	Gave a friend or family member a hug



**RANDOM ACTS OF KINDNESS
FOUNDATION**

KINDNESS BINGO

Picked up litter	Made a new friend	Woke up with a smile on my face	Stayed in my pajamas all day and watched a movie	Left a positive note in a random library book for someone to find
Used a reusable water bottle	Let someone go in front of me in line	Returned a shopping cart	Wrote a happy note to myself	Cleaned up a mess that wasn't mine
Make an uplifting playlist for a friend	Made someone laugh	FILL IN YOUR OWN ACT OF KINDNESS!	Introduced myself to a new person	Read to someone
Gave someone a compliment	Wrote a thank you note for the mail delivery person	Offered a tissue to a person that needed it	Invited someone who was eating alone to join me	Smiled at another student
Made a 'things I'm thankful for' journal entry	Left a positive note on a random locker	Texted a positive message to a friend	Gave a friend or family member a hug	Said 'thank you' to someone



**RANDOM ACTS OF KINDNESS
FOUNDATION**

KINDNESS BINGO

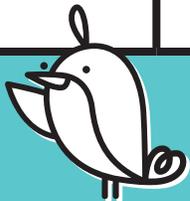
Wrote a thank you note for the mail delivery person	Said 'thank you' to someone	Read to someone	Held open a door	Left a positive note in a random library book for someone to find
Put something in the recycle bin	Cleaned up a hiking trail	Invited someone who was eating alone to join me	Did my chores without being asked	Got at least 30 minutes of exercise today
Invited another student to play	Picked up litter	FILL IN YOUR OWN ACT OF KINDNESS!	Stayed in my pajamas all day and watched a movie	Made a 'things I'm thankful for' journal entry
Wrote a happy note to myself	Used a reusable water bottle	Introduced myself to a new person	Left a positive note on a random locker	Asked someone about their day
Returned a shopping cart	Let someone go in front of me in line	Offered a tissue to a person that needed it	Woke up with a smile on my face	Gave a friend or family member a hug

RANDOM ACTS OF KINDNESS
FOUNDATION



KINDNESS BINGO

Cleaned up a mess that wasn't mine	Left a positive note on a random locker	Made someone laugh	Let someone go in front of me in line	Gave someone a compliment
Introduced myself to a new person	Make an uplifting playlist for a friend	Invited someone who was eating alone to join me	Wrote a happy note to myself	Read to someone
Held open a door	Made a 'things I'm thankful for' journal entry	FILL IN YOUR OWN ACT OF KINDNESS!	Did my chores without being asked	Stayed in my pajamas all day and watched a movie
Texted a positive message to a friend	Wrote a thank you note for the mail delivery person	Cleaned up a hiking trail	Picked up litter	Gave a friend or family member a hug
Returned a shopping cart	Offered a tissue to a person that needed it	Put something in the recycle bin	Left a positive note in a random library book for someone to find	Got at least 30 minutes of exercise today

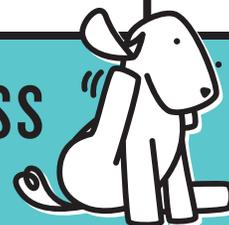


**RANDOM ACTS OF KINDNESS
FOUNDATION**

KINDNESS BINGO

Made a 'things I'm thankful for' journal entry	Read to someone	Left a positive note on a random locker	Asked someone about their day	Invited another student to play
Gave someone a compliment	Introduced myself to a new person	Cleaned up a mess that wasn't mine	Let someone go in front of me in line	Offered a tissue to a person that needed it
Wrote a happy note to myself	Stayed in my pajamas all day and watched a movie	FILL IN YOUR OWN ACT OF KINDNESS!	Picked up litter	Made someone laugh
Woke up with a smile on my face	Put something in the recycle bin	Helped someone	Gave a friend or family member a hug	Invited someone who was eating alone to join me
Smiled at another student	Got at least 30 minutes of exercise today	Make an uplifting playlist for a friend	Cleaned up a hiking trail	Returned a shopping cart

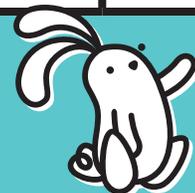
**RANDOM ACTS OF KINDNESS
FOUNDATION**



KINDNESS BINGO

Texted a positive message to a friend	Made someone laugh	Wrote a happy note to myself	Invited someone who was eating alone to join me	Woke up with a smile on my face
Smiled at another student	Gave a friend or family member a hug	Helped someone	Made a new friend	Put something in the recycle bin
Did my chores without being asked	Used a reusable water bottle	FILL IN YOUR OWN ACT OF KINDNESS!	Let someone go in front of me in line	Read to someone
Cleaned up a mess that wasn't mine	Cleaned up a hiking trail	Wrote a thank you note for the mail delivery person	Got at least 30 minutes of exercise today	Stayed in my pajamas all day and watched a movie
Held open a door	Invited another student to play	Returned a shopping cart	Said 'thank you' to someone	Picked up litter

RANDOM ACTS OF KINDNESS
FOUNDATION



KINDNESS BINGO

Smiled at another student	Asked someone about their day	Let someone go in front of me in line	Left a positive note in a random library book for someone to find	Make an uplifting playlist for a friend
Left a positive note on a random locker	Did my chores without being asked	Cleaned up a mess that wasn't mine	Said 'thank you' to someone	Offered a tissue to a person that needed it
Picked up litter	Invited someone who was eating alone to join me	FILL IN YOUR OWN ACT OF KINDNESS!	Wrote a happy note to myself	Used a reusable water bottle
Helped someone	Stayed in my pajamas all day and watched a movie	Made a 'things I'm thankful for' journal entry	Texted a positive message to a friend	Invited another student to play
Wrote a thank you note for the mail delivery person	Gave someone a compliment	Got at least 30 minutes of exercise today	Read to someone	Held open a door

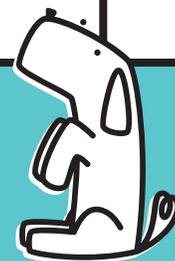
**RANDOM ACTS OF KINDNESS
FOUNDATION**



KINDNESS BINGO

Offered a tissue to a person that needed it	Gave someone a compliment	Made a new friend	Cleaned up a hiking trail	Wrote a thank you note for the mail delivery person
Used a reusable water bottle	Asked someone about their day	Cleaned up a mess that wasn't mine	Made someone laugh	Wrote a happy note to myself
Returned a shopping cart	Held open a door	FILL IN YOUR OWN ACT OF KINDNESS!	Invited another student to play	Put something in the recycle bin
Picked up litter	Gave a friend or family member a hug	Texted a positive message to a friend	Smiled at another student	Said 'thank you' to someone
Left a positive note on a random locker	Let someone go in front of me in line	Introduced myself to a new person	Stayed in my pajamas all day and watched a movie	Left a positive note in a random library book for someone to find

**RANDOM ACTS OF KINDNESS
FOUNDATION**



KINDNESS BINGO

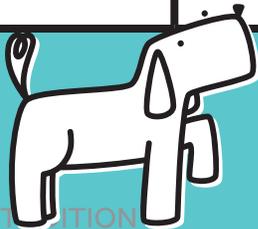
Made a 'things I'm thankful for' journal entry	Offered a tissue to a person that needed it	Got at least 30 minutes of exercise today	Said 'thank you' to someone	Stayed in my pajamas all day and watched a movie
Wrote a thank you note for the mail delivery person	Put something in the recycle bin	Returned a shopping cart	Make an uplifting playlist for a friend	Gave a friend or family member a hug
Let someone go in front of me in line	Made a new friend	FILL IN YOUR OWN ACT OF KINDNESS!	Did my chores without being asked	Invited another student to play
Asked someone about their day	Picked up litter	Left a positive note in a random library book for someone to find	Texted a positive message to a friend	Gave someone a compliment
Introduced myself to a new person	Invited someone who was eating alone to join me	Held open a door	Helped someone	Read to someone



**RANDOM ACTS OF KINDNESS
FOUNDATION**

KINDNESS BINGO

Cleaned up a hiking trail	Introduced myself to a new person	Held open a door	Picked up litter	Asked someone about their day
Left a positive note on a random locker	Woke up with a smile on my face	Smiled at another student	Made someone laugh	Make an uplifting playlist for a friend
Gave a friend or family member a hug	Wrote a happy note to myself	FILL IN YOUR OWN ACT OF KINDNESS!	Made a 'things I'm thankful for' journal entry	Invited another student to play
Invited someone who was eating alone to join me	Put something in the recycle bin	Stayed in my pajamas all day and watched a movie	Let someone go in front of me in line	Helped someone
Gave someone a compliment	Cleaned up a mess that wasn't mine	Did my chores without being asked	Made a new friend	Used a reusable water bottle

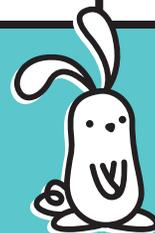


**RANDOM ACTS OF KINDNESS
FOUNDATION**

KINDNESS BINGO

Made a new friend	Cleaned up a hiking trail	Made someone laugh	Let someone go in front of me in line	Made a 'things I'm thankful for' journal entry
Left a positive note on a random locker	Picked up litter	Gave someone a compliment	Make an uplifting playlist for a friend	Invited another student to play
Stayed in my pajamas all day and watched a movie	Helped someone	FILL IN YOUR OWN ACT OF KINDNESS!	Put something in the recycle bin	Cleaned up a mess that wasn't mine
Said 'thank you' to someone	Invited someone who was eating alone to join me	Woke up with a smile on my face	Held open a door	Did my chores without being asked
Wrote a thank you note for the mail delivery person	Introduced myself to a new person	Wrote a happy note to myself	Used a reusable water bottle	Returned a shopping cart

**RANDOM ACTS OF KINDNESS
FOUNDATION**



KINDNESS BINGO

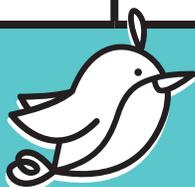
Wrote a happy note to myself	Helped someone	Returned a shopping cart	Asked someone about their day	Made a 'things I'm thankful for' journal entry
Put something in the recycle bin	Left a positive note on a random locker	Woke up with a smile on my face	Picked up litter	Said 'thank you' to someone
Cleaned up a mess that wasn't mine	Let someone go in front of me in line	FILL IN YOUR OWN ACT OF KINDNESS!	Invited someone who was eating alone to join me	Gave a friend or family member a hug
Cleaned up a hiking trail	Used a reusable water bottle	Introduced myself to a new person	Make an uplifting playlist for a friend	Invited another student to play
Gave someone a compliment	Offered a tissue to a person that needed it	Wrote a thank you note for the mail delivery person	Held open a door	Got at least 30 minutes of exercise today



**RANDOM ACTS OF KINDNESS
FOUNDATION**

KINDNESS BINGO

Said 'thank you' to someone	Stayed in my pajamas all day and watched a movie	Made a new friend	Invited someone who was eating alone to join me	Cleaned up a hiking trail
Put something in the recycle bin	Wrote a happy note to myself	Gave a friend or family member a hug	Woke up with a smile on my face	Left a positive note on a random locker
Asked someone about their day	Make an uplifting playlist for a friend	FILL IN YOUR OWN ACT OF KINDNESS!	Held open a door	Did my chores without being asked
Texted a positive message to a friend	Made a 'things I'm thankful for' journal entry	Left a positive note in a random library book for someone to find	Gave someone a compliment	Offered a tissue to a person that needed it
Helped someone	Introduced myself to a new person	Made someone laugh	Cleaned up a mess that wasn't mine	Let someone go in front of me in line



**RANDOM ACTS OF KINDNESS
FOUNDATION**