

# Kindness Bingo

**Random acts of kindness have been proven to reduce stress and boost happiness!**

How to play Kindness Bingo:

1. Print out this page. Feel free to make extra copies to share with friends or co-workers!
2. Complete a line vertically, horizontally, or diagonally; you choose.
3. Congratulations! By playing, you've helped make the world a brighter place!

Hold the door open for someone	Pay for the person behind you in line	Leave a kind note for a family member	Pray with someone that needs encouragement
Send a thoughtful text to a friend to brighten their day	Volunteer at a local shelter or community organization	Compliment a stranger	Donate clothes or non-perishable food to a charity
Prepare a meal for a friend facing tough times	Offer to babysit for a friend or family member	Send a thank you note to someone who has made a difference in your life	Support a local business by writing them a positive review
Listen actively and attentively to someone who needs to talk	Offer to walk a neighbor's dog	Bake cookies or treats for your local fire station or police department	Leave a generous tip for your server or delivery person