

Kindness Bingo

Proctor Terrace Kindness Week
February 8 - 15



CHOOSE KINDNESS AND SEE IF YOU GET A BINGO!

B	I	N	G	O
Make a Thank You sign for Delivery People	Clean up a room without being asked	Give someone a compliment	Make someone else's lunch	Fill a bag or box with toys to donate
Leave a nice note for a family member	Make someone else's bed	Mail a card or note to senior care facility*	Video chat with Zoom a family member you have not seen recently	Read to someone for 10 minutes*
Ask someone about their day	Tell someone a joke	Fill in your own! _____	Give a family member a hug	Make a card for your teacher
Read a book about Kindness or Friendship*	Leave a friendship note or gift on a friend's doorstep	Write a positive chalk message on your sidewalk	Do a chore for your family without them asking	Say Thank You to a family member
Wave to people passing by	Plant a flower or seeds	Pick up trash in your neighborhood (use gloves!)	Do a Kindness Meditation*	Tell a friend what you like about them

* Resources available on ProctorTerracePTA.org/Kindness-Week or scan QR:



BINGO!

Did you get a **Kindness Bingo**?

Color in the 5 things you did that earned you the **Bingo** —

they can be horizontal, vertical or diagonal (or maybe you got a coverall!).

Then take a photo and share it with the **#ProctorKindness2021** hashtag.