



Kindness Bingo -

Have fun & make a difference!

Pay for someone else's parking	Help someone busy. Ask "How can I support you today?"	Ask someone new in your life out for a coffee	Stop and chat to a homeless person
Take the afternoon off & do whatever YOU fancy!	Hold the door open, make eye contact & smile at the person behind you	Take someone out to lunch & pay for them!	Make a donation to a charity with meaning for you
Don't blame or complain about anything or anyone - all day!	Pick up garbage you see around you	Give someone a thoughtful compliment	Buy the next person in line their coffee or lunch!
Give someone flowers or a nice plant	Send someone a handwritten note, thanking them for being in your life	Help a neighbour (or a stranger)	Clean up after someone else - just because

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

