

Random Acts of Kindness for the Family

We've assembled a bingo sheet for you and your family to inspire random acts of kindness in your household. Acts of kindness cause a ripple effect – starting them in the home can cause others in your household to pass them along to others. Work individually or as a family to complete the bingo sheet.

RANDOM ACTS OF KINDNESS TO DO AT HOME

- What's a household chore that a family member does every day? Try taking it off their plate to give them a break, or buddy up and do it with them.
- Give a family member a sincere compliment.
- Call a friend or family member that you haven't talked to in a while just to say hi.
- Surprise someone with coffee, a treat, or a meal.
- Write a kind note for a family member to find in their bag or backpack when they go out for the day.
- Schedule some quality time with a member of the family – it can be something as simple as chatting with them while putting laundry away or some other chore or running errands with them.
- Be kind to yourself and take time for self-care, whether that's getting some exercise, making your favorite meal, or taking a bath with your favorite book.
- Let each family member pick a group activity that they want to do with everyone.
- Go through your old toys, clothes, books, and other items and see what you can donate and give away to others in need.
- Ask how their day went.



Kindess Bingo

Work together as a family or individually to work your way to a bingo!

 <p>Do a chore for someone else.</p>	<p>Try a new activity or hobby with a friend or family member.</p>	 <p>Call a friend or family member that you haven't talked to in a while just to say hi.</p>	<p>Surprise someone with coffee, a treat, or a meal.</p>	 <p>Thank someone for helping you.</p>
<p>Smile and say hello to everyone you see today.</p>	 <p>Apologize to someone you may have hurt.</p>	<p>Schedule some quality time with a member of the family</p>	 <p>Surprise someone with flowers.</p>	<p>Share a favorite memory with someone important to you.</p>
 <p>Be kind to yourself and take time for self-care</p>	<p>Write a kind note for a family member to find in their bag or backpack when they go out for the day.</p>	 <p>Free</p>	<p>Donate your old toys or books to donate and give away to others in need</p>	 <p>Have a family dinner</p>
<p>Donate socks or warm blankets to a homeless shelter.</p>	 <p>Give a family member a sincere compliment.</p>	<p>Post nice messages on sticky notes and leave them around your house.</p>	 <p>Help a neighbor.</p>	<p>Share your favorite book or movie with a friend.</p>
 <p>Make a treat to share.</p>	<p>Share a mistake that helped you grow.</p>	 <p>Ask how their day went!</p>	<p>See how many times you can say please and thank you in a day.</p>	 <p>Tell a friend a joke.</p>