



DREAM
SEEDS[®]

**KINDNESS
BINGO**



KINDNESS BINGO

INSTRUCTIONS

Complete as many of the activities below as you can, you are welcome to do an activity more than once! Just make sure you tick it off every time you complete it and give yourself a high-five for doing so

Mow the lawn	Bake a treat for the people you live with	Do something helpful at home without being asked	Give a friend a compliment
Plant a tree (or any other plant!)	Do something kind to yourself	Help with cooking dinner	Write down 3 things that you are grateful for
Give someone a smile and a thumbs up	Give someone you live with a compliment	Make a handmade gift for someone	Leave kind notes around the house
Make a card for someone	Decorate the footpath with colourful chalk and nice sayings for people to read	Make someone you live with breakfast in bed	Call a family member or friend