

Kindness Bingo

Try to complete four 'kindness at home' activities in a row in a week!

Share a treat with someone at home.	Clean up after someone else.	Offer to carry something to someone who needs help.	Share a joke to make someone smile.
Give someone a hug.	Give someone a compliment.	Allow someone to borrow something that belongs to you.	Draw a portrait of someone in your family as a gift.
Make a cold drink for somebody else.	Leave a nice note for a family member.	Clean up after yourself.	Help to put shopping away.
Help with chores.	Make a snack for somebody else.	Compliment whoever made dinner.	Teach someone something new.