

RANDOM ACTS OF KINDNESS BINGO!

February 17 is Random Acts of Kindness Day! Let's throw hundreds of kind acts into our communities with this game of kindness bingo.

Directions: Complete a kindness bingo activity and reflect on how you feel after you finish each activity. Complete three activities in a row for a bingo win! Share a picture of your winning bingo board with us at hello@adventuresinkindness.com or on instagram using the hashtag #AdventuresInKindnessBingo to win a prize!

First Name: _____

Date Completed: _____

FOR ANIMALS

Walk the Dog of
an Older
Relative or
Neighbor

FOR KIDS

Write A Letter of
Encouragement
To a Sibling or
Friend

FOR FAMILY

Take on a Family
Fitness
Adventure

FOR YOUR HEALTH

Try A New Fruit
or Vegetable



FOR OUR WORLD

Go On A Nature
Walk

FOR YOUR MIND

Explore a World
Calendar Of
Holidays

FOR COMMUNITY

Support a
Small Business

FOR YOUR SCHOOL

Make Bookmarks
From Recycled
Paper For Your
Teacher or
Classmates