



# KINDNESS

Bingo



## Check Off All the Boxes

When Finished Treat Yourself!



Pick Up 3  
Things Around  
the House & Put  
Them Away

Read  
Your  
Favorite  
Book

Brush  
Your  
Teeth

Smile  
at Your  
Family

Send a Surprise  
Text to  
Someone You  
Love

Drink a  
glass of water

Hold the door  
for someone

Give a  
Hug

Take a Bath

Eat a piece  
of fruit

Play Your  
Favorite Song

Tell Someone  
Good Job

