




# Family Kindness Bingo

How many can your family complete?


























 Cross off each square when you complete the activity as a family. Try to get a line (across, down, or diagonal) — or go for a full blackout!



Brought to you by The Better Us Project x The School of Play























# Bingo Board 1: Kindness & Gratitude

B	I	N	G	O
 <p>Compliment a stranger</p>	 <p>Name 3 things you're grateful for</p>	 <p>Help with dinner</p>	 <p>Thank a teacher or coach</p>	 <p>Write a kind note</p>
 <p>Write a thank-you card</p>	 <p>Hold a door open</p>	 <p>Tell a parent you love them</p>	 <p>Include someone new</p>	 <p>Notice something beautiful</p>
 <p>Make someone laugh</p>	 <p>Thank a daily helper</p>	 <p><b>FREE!</b> Give a family hug</p>	 <p>Share gratitude at dinner</p>	 <p>Share your fave snack</p>
 <p>Take a gratitude photo</p>	 <p>Pick up litter</p>	 <p>Thank the chef after dinner</p>	 <p>Let someone go first</p>	 <p>Write gratitude at bedtime</p>
 <p>Do a chore unasked</p>	 <p>Call a grandparent</p>	 <p>Smile at 10 people</p>	 <p>Draw a thank-you picture</p>	 <p>Help carry groceries</p>

● Kindness   
 ● Gratitude   
 ● Free Space

# Bingo Board 2: Empathy & Giving

B	I	N	G	O
 Ask 'How are you really?'	 Donate 3 unused things	 Listen without interrupting	 Give away your fave treat	 Comfort someone who's sad
 Make a gift for someone	 Name emotions in a movie	 Give someone your time	 Give a genuine compliment	 Share your toys or books
 Notice a friend's feelings	 Help a neighbour	 <b>FREE!</b> Tell someone 'I believe in you!'	 Let someone else choose	 Read a book about feelings
 Volunteer as a family	 Hug someone who needs it	 Compliment everyone you see	 Ask about someone's day	 Make breakfast for family
 Walk in their shoes	 Teach someone something	 Say 'I understand'	 Give a kindness coupon	 Check on a friend



# Bingo Champions!

Certificate of Kindness Achievement

The



Family Name

Completed



Bingo lines / Full Blackout!

Date



Family Member

Family Member

Family Member

Family Member



Kindness changes the game!

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