**Kindness‌ ‌Bingo‌‌‌**

Have‌ ‌fun‌ ‌&‌ ‌make‌ ‌a‌ ‌difference!‌

Random acts of kindness have been proven to reduce stress and boost happiness!

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| **Pay for someone else's parking** | **Help someone busy. Ask "How can I support you today?"** | **Ask someone new in your life out for a coffee** | **Stop and chat to a homeless person** |
| **Take the afternoon off & do whatever YOU fancy!** | **Hold the door open, make eye contact & smile at the person behind you** | **Take someone out to lunch & pay for them!** | **Make a donation to a charity with meaning for you** |
| **Don't blame or complain about anything or anyone - all day!** | **Pick up garbage you see around you** | **Give someone a thoughtful compliment** | **Buy the next person in line their coffee or lunch!** |
| **Give someone flowers or a nice plant** | **Send someone a handwritten note, thanking them for being in your life** | **Help a neighbour (or a stranger)** | **Clean up after someone else- just because** |