

Find kind

Being kind doesn't just make someone else feel good, it will help you feel good too. It can help you forget about worries and make you calmer.

"No act of kindness, no matter how small, is ever wasted"

- Aesop

Challenge yourself! Try and tick off as many of these bingo boxes as you can. You can write in some of your own, too.

Help with the chores.

Write a letter to a neighbour, friend or family member.

Check how your friends are doing.

Give someone a virtual hug.

Bake a cake to share.

Visit a neighbour to see if they need help.

Ask your family how you can help.

Let someone else go first.

Draw a picture for someone you love.

Plant a flower.

Tell someone why they are special to you.

Make a get well soon card.

Speak on the phone to a family member who might be lonely.

Cheer someone up with a joke.

Ask how someone is feeling.

Kindness spreads! When other people see you being kind, they are more likely to do something kind for someone else.

Write your own!

