



Kindness Bingo

This #MentalHealthAwarenessWeek, the theme is kindness. Try out our Bingo challenge to see how many times you can demonstrate that #KindnessMatters this week!

How to play:

1. Print this PDF, or save it to your computer or phone to mark off digitally
2. Take out an act of kindness from the table below
3. Mark each act of kindness off on the table as you go
4. Repeat until you reach Bingo!

Say hello to a stranger

Check in with a family member, colleague or friend

Say thank you to an essential worker

Pick up some rubbish

Do an activity you love

Reach out to someone you haven't talked to in a while

Share something pleasant on social media

Reach out to someone you haven't talked to in a while

Spread the kindness by passing on this challenge