

SEL · GRADES K–3

Kindness Bingo

Tick a square when you've done it

Kindness BINGO — 4x4 card

■ Hold a door for someone.	■ Say thank you to a teacher or grown-up.
■ Compliment someone on something they did well.	■ Help someone tidy up without being asked.
■ Share something with someone else.	■ Listen to someone's whole story without interrupting.
■ Smile and say hi to someone you haven't talked to lately.	■ Pick up litter (if it's safe to do so).
■ Include someone in a game who's on their own.	■ Say sorry for something — and mean it.
■ Thank a friend for being your friend.	■ Give a hug (only if both people want one!).
■ Check in with someone who looks sad or quiet.	■ Lend something to a classmate who needs it.
■ Cheer up a friend who's having a hard day.	■ Forgive someone for something small.

