



Spark Warmth Bingo

Simple Acts of Kindness to Spark Bonfires of Compassion

1. Fill blank spaces with your own ideas to share kindness.
2. Circle each act of kindness as you complete it.
3. When you have 5 circles in a row, column or diagonally, celebrate your BINGO!

<p>Discuss: Who do you reach out to for help when you feel lonely or scared?</p>	<p>Share a welcome note or an invitation to play with a new student.</p>		<p>Share a treat and/or a thank-you note with your mail carrier or delivery person.</p>	<p>Discuss: Read a picture book together. Discuss how the main character feels during the conflict.</p>
<p>Share a phone call and warm greetings with a far away relative.</p>		<p>Discuss: Make a thorough list of people who make life better for your family. What surprises you about this list?</p>	<p>Share a card or treat with someone who could use some cheer.</p>	<p>Discuss: How could our family volunteer together in the next month or so?</p>
<p>Discuss: How do we know if someone around us needs help or support? What are the clues?</p>	<p>Share cheerful cards with a child who is coping with illness. Google the website Cards for Hospitalized Kids to get started.</p>			<p>Write or Draw a compliment or love note for a family member and hide it for them to find.</p>
	<p>Spend 15 minutes picking up litter in your neighborhood or nearby park.</p>	<p>Share treats and a warm greeting with a neighbor you don't know well.</p>	<p>Discuss: What was the last thing you shared? How did it make you (and the recipient) feel?</p>	<p>Share a sincere compliment with three different people.</p>
<p>Discuss: Make a list of things your family likes to do together. Can you add kindness to any of them?</p>	<p>Share a thank you card and a treat with someone you are grateful for.</p>	<p>Share cheerful bookmarks in your library books when you return them.</p>	<p>Share a "helping" coupon book with someone.</p>	

