Kindness Bingo

Do a kind act, then color the square. Can you get five in a row?

Name: _____ **Week of:** _____

Hold the door for someone	Give a real, specific compliment	Invite someone new to play or sit with you	Help without being asked	Write a thank you note
Say good morning to someone new	Share something of mine	Pick up litter I did not drop	Help a classmate who is stuck	Let someone go first
Make a grown up's job easier	Listen without interrupting	**FREE** Be kind to myself today	Say sorry and help fix it	Thank a school helper
Cheer someone on	Draw a picture for someone	Ask someone about their day	Speak up kindly for someone	Read to a younger child
Tidy a shared space	Make a kind card	Check on someone who seems sad	Teach someone something I know	Notice and thank a family member

Kindness rules

- Kindness is about the other person, not about winning. No prizes needed.
- Ask before you help, and it is okay if someone says no thank you.
- Kind acts can be tiny and free. Doing one you mean beats doing five you don't.

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My Kindness Plan

Kindness grows when we plan it. Who will I be kind to, and how?

Name: _____ Date: _____

Who can I be kind to?

Write one name or idea in each circle.



My 3 kind acts this week

	Kind act	For whom	When	What I need
1				
2				
3				

Kind words I can use

Circle three you will try this week. Add your own.

Do you want to join us?	Can I help?	I like your idea.
Are you okay?	You can go first.	Thank you for helping me.
Want to sit with me?	That was brave.	I'm sorry. How can I fix it?
I'm glad you're here.	Take your time.	You worked hard on that.

My own kind words: _____

The kind act I am most excited about: _____

How I will know it helped: _____

If they say no thank you, I can: _____

Tip: kindness fits the person. Ask what would help, and respect their answer.

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Kindness Reflection

After a kind act, stop and notice. How did it go for them, and for me?

1 What I did: _____

Who it was for: _____

How I think they felt



How I felt



Would I do it again? ☐ Yes ☐ Maybe ☐ No Why? _____

2 What I did: _____

Who it was for: _____

How I think they felt



How I felt



Would I do it again? ☐ Yes ☐ Maybe ☐ No Why? _____

3 What I did: _____

Who it was for: _____

How I think they felt



How I felt



Would I do it again? ☐ Yes ☐ Maybe ☐ No Why? _____

Kindness I noticed

Someone was kind to me, or I saw someone be kind:

_____

_____

_____

_____

Kind to myself

Kindness counts for me too. One kind thing I can say or do for myself:

_____

_____

_____

_____

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