

Family Resource

Kindness Bingo



ages: 5+



one week – one month

Skills Practiced

Social-awareness, gratitude, self-awareness, growth mindset, self-management, and risk-taking.

The Why

We don't always know if and how our kind actions might impact someone, especially if our actions seem small to us. Incorporate this kindness bingo chart into your household to help your family notice how small actions can have a significant impact.

The How

Each player gets a card, and you decide the goal—three in a row, four corners, or a full card. Authentic actions only! Authentic actions are true to you and your beliefs. They should never feel forced or fake. When someone wins, tally up every family member's actions and celebrate all the kindness your family sent into the world!

Take it Further

- Create your own by adding kind actions to the blank bingo card.
- Ask these questions as and after you play:
 - What was your favorite action you took while playing Kindness Bingo?
 - Would you play Kindness Bingo again? Why or why not?
 - In what ways did this activity challenge you?



Kindness Bingo



Encouraged a peer or friend	Put away my laundry	Held the door for someone
Learned something new	Told a family member I love them	Smiled at a stranger
Made someone laugh	Gave someone a compliment	Gave a hug to someone special



Kindness Bingo



Told a joke	Smiled at a stranger	Learned something new
Helped prepare dinner	Held the door for someone	Encouraged a peer or friend
Wrote five things I am grateful for	Gave a hug to someone special	Made someone laugh



Kindness Bingo



Smiled at a stranger	Told a family member I love them	Told a joke
Held the door for someone	Put away my laundry	Helped prepare dinner
Gave a hug to someone special	Gave someone a compliment	Wrote five things I am grateful for



Kindness Bingo



Encouraged a peer or friend	Helped prepare dinner	Put away my laundry
Learned something new	Told a joke	Told a family member I love them
Made someone laugh	Wrote five things I am grateful for	Gave someone a compliment



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