

B	I	N	G	O
Told someone I love you in the past week.	Ate something really healthy and nutritious in an effort to care for yourself. What was it?	Gave someone a ride who needed it.	Recently told a teacher how much you appreciate them.	Helped someone shovel snow this winter.
Gave someone a compliment today	Stood up for someone who needed a voice or support.	Made food for someone who is sick or just needed some help.	Called someone just to say hello and brighten their day.	Recently told a parent how much you appreciate them.
Said "HI" to someone you don't know	Told someone a funny joke to lift their spirits.	FREE	Did something kind for someone who is lonely or sad.	Held the door open for someone coming behind you.
Helped someone in a crisis.	Refused to gossip when you heard some negative comments.	Helped someone move into a new home	Got enough sleep yesterday and ate no junk food to care for your health.	Helped with a chore without being asked at home or school.
Gave someone some money with no expectations of being repaid.	Did something unexpected for someone. What?	Picked up trash that wasn't yours.	Was kind to yourself by saying something positive when you were stressed out.	Gave someone a hug who was having a rough day

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