

RAMdom Acts of Kindness BINGO

Tell a teacher how much you appreciate them.	Be kind to yourself by saying something positive about yourself.	Give someone a hug who is having a rough day	Say "HI" to someone you don't know.	Leave a positive note on a random desk.
Do something unexpected for someone.	Tell a parent how much you appreciate them.	Let someone go in front of you in line.	Call someone just to say hello and brighten their day.	Refuse to gossip when you hear some negative comments.
Stand up for someone who needs a voice or support.	Tell someone "I love you" today.	Create Your Own RAK	Clean up a mess that isn't yours.	Hold the door open for someone coming behind you.
Invite another student to play with you.	Say "thank you" to someone.	Invite someone who was eating alone to join you.	Help with a chore without being asked at home or school.	Let someone go in front of you in line.
Help someone in a crisis.	Do something kind for someone who is lonely or sad.	Pick up trash that isn't yours and put it in the garbage.	Tell someone a funny joke to lift their spirits.	Give someone a compliment today

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Help with a chore without being asked at home or school.	Pick up trash that isn't yours and put it in the garbage.	Tell a teacher how much you appreciate them.	Give someone a compliment today	Say "thank you" to someone.
Invite someone who was eating alone to join you.	Let someone go in front of you in line.	Stand up for someone who needs a voice or support.	Tell a parent how much you appreciate them.	Help someone in a crisis.

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