

B	I	N	G	O
Told someone I love you	Asked someone sitting alone to join you	Gave someone a ride who needed it.	Stood up for someone who needed a voice or support.	Picked up trash that wasn't yours.
Gave someone a compliment today	Told a staff member how much you appreciate them.	Said "Bless You" when someone sneezed	Ate something really healthy and nutritious in an effort to care for yourself. What was it?	Smiled at people when walking by
Told a parent how much you appreciate them.	Told someone a funny joke to lift their spirits.	Free choice	Did something kind for someone who was lonely or sad.	Held the door open for someone coming behind you.
Helped someone carry their backpack	Texted someone a kind message to brighten their day.	Helped with a chore without being asked at home or school.	Got enough sleep yesterday and ate no junk food to care for your health.	Refused to gossip when you heard some negative comments.
Gave someone some money with no expectations of being repaid.	Did something unexpected for someone. What?	Said "HI" to someone you don't know	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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